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HOW TO
LIVE LONG
—
CORNARO

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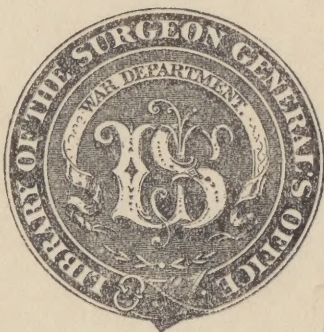
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How to Live Long.

Cornaro, Luigi

HOW TO LIVE LONG

The Discourses and
Letters of

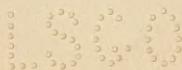
Louis Cornaro

Written when he was nearly 100 years of age and first
published 350 years ago under the title of
"A Sober and Temperate Life."

THE HEALTH CULTURE CO.

NEW YORK

PASSAIC, N. J.



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PUBLISHER'S PREFACE.

This work, which in its present form was published under the direction of Dr. John Burdell in 1842, has been out of print for several years. The original was written by Cornaro more than 350 years ago when the author was nearly 100 years of age. During all these years it has maintained its popularity as a reliable guide to a healthy life and is to-day as new and valuable as when it was written. The author's statements read delightfully and are full of practical sense.

It should perhaps be made clear that up to the time he was 40 years old he led the life of the average man of his day, one of dissipation. He lost his health and was advised that he could live but a short time. He completely changed his habits as shown in his Discourses and Letters and lived a successful, happy life until he reached the century mark.

In regard to his age, some biographers have placed it at a little more than 100 while ours makes it a little less.

His religious beliefs and faith in astrology were influenced by his surroundings but in spite of this he was a strong character and his teachings well worthy of consideration at this time.

It will also be noted that he used wine to a certain extent but compared with the lives of those around him he was a strictly temperate man and his teachings may be commended strongly.

ALBERT TURNER.

P R E F A C E .

BY DR. JOHN BURDELL.

THE Discourses of Cornaro have been great favorites with the reading public, ever since they first appeared; and have been translated into most foreign languages. In this country, in especial, they have been sought after with great eagerness; and hardly a year elapses without the appearance of a reprint; which is almost immediately exhausted. This fact serves to indicate, that the sound principles and maxims of TEMPERANCE of the "old man eloquent" are, though centuries have elapsed since his decease, still efficient in turning men to a sober and temperate life.

The former editions of the Works of Cornaro, which have appeared in this country, are mere reprints of the English translation of 1768, and contain but four of his "Discourses," as they are termed by the English editor. The short and meagre notice of the Author, which is prefixed to the English edition, has also been servilely copied, with all its errors and deficiencies, in all the American reprints.

Wishing to give to the world an edition, which might, in some respects, at least, be superior to its predecessors, I requested of Signor Piero Maroncelli, a gentleman of great learning and ability, a Biographical Memoir of Cornaro. Signor Maroncelli acceded to my request, and the reader will perceive, upon a

perusal of his Sketch of the Life of Cornaro, that he has performed the task with great fidelity and accuracy; having procured his information from the most authentic sources, and enriched his memoir with copious and learned Notes. His Biography of Cornaro, must necessarily, in my opinion, be the foundation of all future ones, since he has too clearly shown the errors and misstatements of all those previous, to entitle them to any credit.

Besides this valuable Life of Cornaro, I have been enabled to enrich this edition with an interesting letter from Bernardin Tomitano to Cardinal Cornaro, which appeared as a dedication to the first edition of Cornaro's Discourses, published during the life of the Author, and under his direction, in 1558; and also with two very valuable and interesting letters from Cornaro himself to the Cardinal Cornaro, and to Sperone Speroni; the last of which merits the appellation of a Fifth "Discourse." These letters have been translated from the original Italian expressly for this edition, and are to be found in no other.

From the above it will appear, that the additions and improvements in this edition are such as to render it superior to any other which has yet been published.

In conclusion, I take the opportunity to state that the engraving of Cornaro, prefixed to this edition, is an exact copy of that to be found in the standard Italian edition, published under the superintendence of Bartolommeo Gamba.

JOHN BURDELL.

New-York, January 7th, 1842.

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Dr. JOHNSON says, "Health is so necessary to all the duties, as well as to all the pleasures of life, that the crime of squandering it is greater than the folly; and he that for a short gratification brings weakness and disease upon himself, and for the pleasure of a few years, condemns the maturer and more experienced part of his life to the chamber and the couch, may be justly reproached, not only as a spendthrift of his own happiness, but as the robber of the public,—as a wretch that has voluntarily disqualified himself for the business of his station, and refused that part which Providence assigns him in the general task of human nature."

CORNARO'S TREATISE

WRITTEN AT THE AGE OF 83, IN THE YEAR 1550.

It is a thing past all doubt, that custom, by time, becomes a second nature, forcing men to use that, whether good or bad, to which they have been habituated : nay, we see habit, in many things, get the better of reason. This is so undeniably true, that virtuous men, by conversing with the wicked, very often fall into the same vicious course of life. The contrary, likewise, we see sometimes happen ; viz. that, as good morals easily change to bad, so bad morals change again to good. For instance : let a wicked man, who was once virtuous, keep company with a virtuous man, and he will again become virtuous ; and this alteration can be attributed to nothing but the force of habit, which is, indeed, very great. Seeing many examples of this ; and besides, considering that, in consequence of this great force of habit, three bad customs have got footing in Italy within a few years, even within my own memory ; the first flattery and ceremoniousness ; the second Lutheranism, which some have most preposterously embraced ; the third intemperance. And that these three vices, like so many cruel monsters, leagued, as indeed they are, against mankind, have gradually prevailed so far, as to rob civil life of

its sincerity, the soul of its piety, and the body of its health : I have resolved to treat of the last of these vices, and prove that it is an abuse, in order to extirpate it, if possible. As to the second, Lutheranism, and the first flattery, I am certain, that some great genius or another will soon undertake the task of exposing their deformity, and effectually suppressing them. Therefore, I firmly hope, that, before I die, I shall see these three abuses conquered and driven out of Italy; and this country of course restored to its former laudable and virtuous customs.

To come then to that abuse, of which I have proposed to speak, namely, intemperance; I say, that it is a pity it should have prevailed so much, as entirely to banish sobriety. Though all are agreed, that intemperance is the offspring of gluttony, and sober living of abstemiousness; the former, nevertheless, is considered as a virtue and a mark of distinction, and the latter, as dishonorable and the badge of avarice. Such mistaken notions are entirely owing to the power of custom, established by our senses and irregular appetites; these have blinded and besotted men to such a degree, that, leaving the paths of virtue, they have followed those of vice, which lead them before their time to an old age, burdened with strange and mortal infirmities, so as to render them quite decrepid before forty, contrary to the effects of sobriety, which, before it was banished by this destructive intemperance, used to keep men sound and hearty to the age of eighty and upwards. O wretched and unhappy Italy ! do not you see, that intemperance murders every year more of

your subjects, than you could lose by the most cruel plague, or by fire and sword in many battles ? Those truly shameful feasts, now so much in fashion, and so intolerably profuse, that no tables are large enough to hold the dishes, which renders it necessary to heap them one upon another ; those feasts, I say, are so many battles ; and how is it possible to support nature by such a variety of contrary and unwholesome foods ? Put a stop to this abuse, for God's sake, for there is not, I am certain of it, a vice more abominable than this in the eyes of the Divine Majesty. Drive away this new kind of death, as you have banished the plague, which, though it formerly used to make such havoc, now does little or no mischief, owing to the laudable practice of attending more to the goodness of the provisions brought to our markets. There are means still left to banish intemperance, and such means too, that every man may have recourse to them without any assistance. Nothing more is requisite for this purpose, than to live up to the simplicity dictated by nature, which teaches us to be content with little, to pursue the medium of holy abstemiousness and divine reason, and to accustom ourselves to eat no more than is absolutely necessary to support life ; considering, that what exceeds this, is disease and death, and merely gives the palate a satisfaction, which, though but momentary, brings on the body a long and lasting train of disagreeable sensations and diseases, and at length destroys it along with the soul. How many friends of mine, men of the finest understanding and most amiable disposition, have I seen carried off by this plague

in the flower of their youth ? who, were they now living, would be an ornament to the public, and whose company I should enjoy with as much pleasure, as I now feel concern at their loss.

In order, therefore, to put a stop to so great an evil, I have resolved by this short discourse to demonstrate, that intemperance is an abuse which may be easily removed, and that the good old sober living may be substituted in its stead; and this I undertake the more readily, as many young men of the best understanding, knowing that it is a vice, have requested it of me, moved thereto by seeing their fathers drop off in the flower of their youth, and me so sound and hearty at the age of eighty-one. They express a desire to reach the same term, nature not forbidding us to wish for longevity; and old age being, in fact, the time of life in which prudence can be best exercised, and the fruits of all the other virtues enjoyed with less opposition, the passions being then so subdued, that man gives himself up entirely to reason. They beseeched me to let them know the method pursued by me to attain it; and then finding them intent on so laudable a pursuit, I have resolved to treat of that method, in order to be of service not only to them, but to all those who may be willing to peruse this discourse. I shall, therefore, give my reasons for renouncing intemperance, and betaking myself to a sober course of life; declare freely the method pursued by me for that purpose; and then set forth the effects of so good an habit upon me; whence it may be clearly gathered, how easy it is to remove the abuse of intemperance. I shall con-

clude, by showing how many conveniencies and blessings are the consequences of a sober life.

I say then, that the heavy train of infirmities, which had not only invaded, but even made great inroads in my constitution, were my motives for renouncing intemperance, to which I had been greatly addicted; so that, in consequence of it, and the badness of my constitution, my stomach being exceedingly cold and moist, I was fallen into different kinds of disorders, such as pains in my stomach, and often stitches, and spices of the gout; attended by, what was still worse, an almost continual slow fever, a stomach generally out of order, and a perpetual thirst. From these natural and acquired disorders, the best delivery I had to hope for was death, to put an end to the pains and miseries of life; a period very remote in the regular course of nature, though I had hastened it by my irregular manner of living. Finding myself, therefore, in such unhappy circumstances between my thirty-fifth and fortieth year, every thing that could be thought of having been tried to no purpose to relieve me, the physicians gave me to understand, that there was but one method left to get the better of my complaints, provided I would resolve to use it, and patiently persevere in it. This was a sober and regular life, which they assured me would be still of the greatest service to me, and would be as powerful in its effects, as the intemperate and irregular one had been, in reducing me to the present low condition: and that I might be fully satisfied of its salutary effects, for though by my irregularities I was become infirm, I was

not reduced so low, but that a temperate life, the opposite in every respect to an intemperate one, might still entirely recover me. And besides, it in fact appears, such a regular life, whilst observed, preserves men of a bad constitution, and far gone in years, just as a contrary course has the power to destroy those of the best constitution, and in their prime; for this plain reason, that different modes of life are attended by different effects; are following, even herein, the steps of nature, with equal power to correct natural vices and imperfections. This is obvious in husbandry and the like. They added, that if I did not immediately have recourse to such a regimen, I could receive no benefit from it in a few months, and that in a few more I must resign myself to death.

These solid and convincing arguments made such an impression on me, that, mortified as I was besides, by the thoughts of dying in the prime of life, and at the same time perpetually tormented by various diseases, I immediately concluded, that the foregoing contrary effects could not be produced but by contrary modes of living; and, therefore, full of hopes, resolved, in order to avoid at once both death and diseases, to betake myself to a regular course of life. Having, upon this, inquired of them what rules I should follow, they told me, that I must not use any food, solid or liquid, but such as, being generally prescribed to sick persons, is, for that reason, called diet, and both very sparingly. These directions, to say the truth, they had before given me; but it was at a time of life when, impatient of such restraint, and finding myself

satiated, as it were, with such food, I could not put up with it, and therefore eat freely of every thing I liked best; and likewise, feeling myself in a manner parched up by the heat of my disease, made no scruple of drinking, and in large quantities, the wines that best pleased my palate. This indeed, like all other patients, I kept a secret from my physicians. But, when I had once resolved to live sparingly, and according to the dictates of reason, seeing that it was no difficult matter, nay, that it was my duty as a man to do so, I entered with so much resolution upon this new course of life, that nothing has been since able to divert me from it. The consequence was, that in a few days I began to perceive, that such a course agreed with me very well; and by pursuing it, in less than a year, I found myself (some persons, perhaps, will not believe it) entirely freed from all my complaints.

Having thus recovered my health, I began seriously to consider the power of temperance, and say to myself, that if this virtue had efficacy enough to subdue such grievous disorders as mine, it must have still greater to preserve me in health, to help my bad constitution, and comfort my very weak stomach. I therefore applied myself diligently to discover what kinds of food suited me best. But, first, I resolved to try, whether those, which pleased my palate, agreed or disagreed with my stomach, in order to judge for myself of the truth of that proverb, which I once held for true, and is universally held as such in the highest degree, insomuch that epicures, who give a loose to their appetites, lay it down as a fundamental maxim. This

proverb is, that whatever pleases the palate, must agree with the stomach, and nourish the body ; or whatever is palatable must be equally wholesome and nourishing. The issue was, that I found it to be false : for, though rough and very cold wines, as likewise melons and other fruits, salad, fish, and pork, tarts, garden-stuff, pastry, and the like, were very pleasing to my palate, they disagreed with me notwithstanding. Having thus convinced myself, that the proverb in question was false, I looked upon it as such ; and, taught by experience, I gave over the use of such meats and wines, and likewise of ice ; chose wine suited to my stomach, drinking of it but the quantity I knew I could digest. I did the same by my meat, as well in regard to quantity as to quality, accustoming myself never to cloy my stomach with eating or drinking ; but constantly rise from table with a disposition to eat and drink still more. In this I conformed to the proverb, which says, that a man, to consult his health, must check his appetite. Having in this manner, and for these reasons, conquered intemperance and irregularity, I betook myself entirely to a temperate and regular life : which effected in me the alteration already mentioned, that is, in less than a year it rid me of all those disorders which had taken so deep a root in me ; nay, as I have already observed, had made such a progress as to be in a manner incurable. It had likewise this other good effect, that I no longer experienced those annual fits of sickness, with which I used to be afflicted, while I followed a different, that is, a sensual course of life ; for then I used to be attacked every

year with a strange kind of fever, which sometimes brought me to death's door. From this disease then, I also freed myself, and became exceeding healthy, as I have continued from that time forward to this very day; and for no other reason than that I never trespassed against regularity, which by its infinite efficacy has been the cause, that the meat I constantly eat, and the wine I constantly drank, being such as agreed with my constitution, and taken in proper quantities, imparted all their virtue to my body, and then left it without difficulty, and without engendering in it any bad humours.

In consequence therefore of my taking such methods, I have always enjoyed, and (God be praised) actually enjoy, the best of health. It is true, indeed, that, besides the two foregoing most important rules relative to eating and drinking, which I have ever been very scrupulous to observe; that is, not to take of any thing, but as much as my stomach can easily digest, and to use those things only, which agree with me; I have carefully avoided heat, cold, and extraordinary fatigue, interruption of my usual hours of rest, excessive venery, making any stay in bad air, and exposing myself to the wind and sun; for these, too, are great disorders. But then, fortunately, there is no great difficulty in avoiding them, the love of life and health having more sway over men of understanding, than any satisfaction they could find in doing what must be extremely hurtful to their constitution. I have likewise done all that lay in my power to avoid those evils, which we do not find so easy to remove;

these are melancholy, hatred, and other violent passions, which appear to have the greatest influence over our bodies. However, I have not been able to guard so well against either one or the other kind of those disorders, as not to suffer myself now and then to be hurried away by many, not to say, all of them; but I have reaped the benefit of knowing by experience that these passions have, in the main, no great influence over bodies governed by the two foregoing rules of eating and drinking, and therefore can do them but very little harm; so that it may with great truth be affirmed, that whoever observes these two capital rules, is liable to very little inconveniency from any other excesses. This, Galen, who was an eminent physician, observed before me. He affirms, that so long as he followed these rules relating to eating and drinking, he suffered but little from other disorders, so little, that they never gave him above a day's uneasiness. That what he says is true, I am a living witness, and so are many others, who know me, and have seen how often I have been exposed to heats and colds, and such other disagreeable changes of weather; and have, likewise, seen me (owing to various misfortunes, which have more than once befallen me) greatly disturbed in mind. For they can not only say of me, that such disturbance of mind has done me very little harm, but they can aver, of many others, who did not lead a sober and regular life, that it proved very prejudicial to them, amongst whom was a brother of my own, and others of my family, who trusting to the goodness of their constitution, did not follow my way of living. The consequence

hereof was a great misfortune to them, the perturbations of the mind having thereby acquired an extraordinary influence over their bodies. Such, in a word was their grief and dejection at seeing me involved in expensive law suits, commenced against me by great and powerful men, that, fearing I should be cast, they were seized with that melancholy humor, with which intemperate bodies always abound; and these humors had such an influence over them, and increased to such a degree, as to carry them off before their time : whereas I suffered nothing on the occasion, as I had in me no superfluous humors of that kind. Nay, in order to keep up my spirits, I brought myself to think, that God had raised up these suits against me, in order to make me more sensible of my strength of body and mind; and that I should get the better of them with honor and advantage, as it, in fact, came to pass : for, at last, I obtained a decree exceeding favorable to my fortune and my character, which, though it gave me the highest pleasure, had not the power to do me any harm in other respects. Thus it is plain, that neither melancholy nor any other affection of the mind can hurt bodies governed with temperance and regularity.

But I must go a step further, and say, that even misfortunes themselves can do but very little mischief, or cause but very little pain to such bodies; and that this is true, I have myself experienced at the age of seventy. I happened, as is often the case, to be in a coach, which, going at a pretty smart rate, was over-set, and in that condition drawn a considerable way by the horses, before means could be found to stop them;

whence I received so many shocks and bruises, that I was taken out with my head and all the rest of my body terribly battered, and a dislocated leg and arm. When I was brought home, the family immediately sent for the physicians, who, on their arrival, seeing me in so bad a plight, concluded that within three days I should die; nevertheless, they would try what good two things would do me; one was to bleed me, the other was to purge me; and thereby prevent my humors altering, as they every moment expected, to such a degree, as to ferment greatly, and bring on a high fever. But I, on the contrary, who knew, that the sober life I had led for many years past, had so well united, harmonized, and disposed my humors, as not to leave it in their power to ferment to such a degree, refused to be either bled or purged. I just caused my leg and arm to be set, and suffered myself to be rubbed with some oils, which they said were proper on the occasion. Thus, without using any other kind of remedy, I recovered, as I thought I should, without feeling the least alteration in myself, or any other bad effects from the accident; a thing which appeared miraculous even in the eyes of the physicians. Hence we are to infer, that whoever leads a sober and regular life, and commits no excess in his diet, can suffer but very little from disorders of any other kind, or external accidents. On the contrary, I conclude, especially from the late trial I have had, that excesses in eating and drinking are fatal. Of this I convinced myself four years ago, when, by the advice of my physicians, the instigation of my friends, and the importunity of my own family,

I consented to such an excess, which, as it will appear hereafter, was attended with far worse consequences than could naturally be expected. This excess consisted in increasing the quantity of food I generally made use of; which increase alone brought on me a most cruel fit of sickness. And as it is a case so much in point to the subject in hand, and the knowledge of it may be useful to some of my readers, I shall take the trouble to relate it.

I say, then, that my dearest friends and relations, actuated by the warm and laudable affection and regard they have for me, seeing how little I eat, represented to me, in conjunction with my physicians, that the sustenance I took could not be sufficient to support one so far advanced in years, when it was become necessary not only to preserve nature, but to increase its vigor. That, as this could not be done without food, it was absolutely incumbent upon me to eat a little more plentifully. I, on the other hand, produced my reasons for not complying with their desires. These were, that nature is content with little, and that with this little I had preserved myself so many years; and that, to me, the habit of it was become a second nature; and that it was more agreeable to reason that, as I advanced in years and lost my strength, I should rather lessen than increase the quantity of my food. Farther, that it was but natural to think, that the powers of the stomach grew weaker from day to day; on which account I could see no reason to make such an addition. To corroborate my arguments, I alledged those two natural and very true proverbs; one, that he, who has a

mind to eat a great deal, must eat but little; which is said for no other reason than this, that eating little makes a man live very long; and living very long he must eat a great deal. The other proverb was, that what we leave after making a hearty meal, does us more good than what we have eat. But neither these proverbs, nor any other arguments I could think of, were able to prevent their teasing me more than ever. Wherefore, not to appear obstinate, or affect to know more than the physicians themselves; but, above all, to please my family, who very earnestly desired it, from a persuasion that such an addition to my usual allowance would preserve my strength, I consented to increase the quantity of food, but with two ounces only. So that, as before, what with bread, meat, the yolk of an egg, and soup, I eat as much as weighed in all twelve ounces, neither more nor less, I now increased it to fourteen; and as before I drank but fourteen ounces of wine, I now increased it to sixteen. This increase and irregularity had, in eight day's time, such an effect upon me, that, from being cheerful and brisk, I began to be peevish and melancholy, so that nothing could please me : and was constantly so strangely disposed, that I neither knew what to say to others, nor what to do with myself. On the twelfth day, I was attacked with a most violent pain in my side, which held me twenty-two hours, and was succeeded by a terrible fever, which continued thirty-five days and as many nights, without giving me a moment's respite; though, to say the truth, it began to abate gradually on the fifteenth. But notwithstand-

ing such abatement, I could not, during the whole time, sleep half a quarter of an hour together, insomuch that every one looked upon me as a dead man. But, God be praised, I recovered merely by my former regular course of life, though then in my seventy-eight year, and in the coldest season of a very cold year, and reduced to a mere skeleton; and I am positive that it was the great regularity I had observed for so many years, and that only, which rescued me from the jaws of death. In all that time I never knew what sickness was, unless I may call by that name some slight indisposition of a day or two's continuance; the regular life I had led, as I have already taken notice, for so many years, not having permitted any superfluous or bad humors to breed in me; or, if they did, to acquire such strength and malignity, as they generally acquire in the superannuated bodies of those who live without rule. And as there was not any old malignity in my humors (which is the thing that kills people,) but only that, which my new irregularity had occasioned, this fit of sickness, though exceeding violent, had not strength enough to destroy me. This it was, and nothing else, that saved my life; whence may be gathered, how great is the power and efficacy of regularity; and how great, likewise, is that of irregularity, which in a few days could bring on me so terrible a fit of sickness, just as regularity had preserved me in health for so many years.

And it appears to me a no weak argument, that, since the world, consisting of the four elements, is upheld by order; and our life, as to the body, is no other

than an harmonious combination of the same four elements, so it should be preserved and maintained by the very same order; and, on the other hand, it must be worn out by sickness, or destroyed by death, which are produced by the contrary effects. By order, the arts are more easily learned; by order, armies are rendered victorious; by order, in a word, families, cities, and even states are maintained. Hence I concluded, that orderly living is no other than a most certain cause and foundation of health and long life; nay, I cannot help saying, that it is the only and true medicine; and whoever weighs the matter well, must also conclude, that this is really the case. Hence it is, that when a physician comes to visit a patient, the first thing he prescribes, is to live regularly. In like manner, when a physician takes leave of a patient, on his being recovered, he advises him, as he values his health, to lead a regular life. And it is not to be doubted, that, were a patient so recovered to live in that manner, he could never be sick again, as it removes every cause of illness; and so, for the future, would never want either physician or physie. Nay, by attending duly to what I have said, he would become his own physician, and indeed, the best he could have; since, in fact, no man can be a perfect physician to any one but himself. The reason of which is, that any man may, by repeated trials, acquire a perfect knowledge of his own constitution, and the most hidden qualities of his body; and what wine and food agree with his stomach. Now, it is so far from being an easy matter to know these things perfectly of another, that

we cannot without much trouble discover them in ourselves, since a great deal of time and repeated trials are requisite for that purpose.

These trials are, indeed, (if I may say it) more than necessary, as there is a greater variety in the natures and constitutions of different men, than in their persons. Who could believe, that old wine, wine that had passed its first year, should disagree with my stomach, and new wine agree with it ? and that pepper, which is looked upon as a warm spice, should not have a warm effect upon me, insomuch that I find myself more warmed and comforted by cinnamon ? Where is the physician, that could have informed me of these two latent qualities, since I myself, even by a long course of observation, could scarce discover them ? From all these reasons it follows, that it is impossible to be a perfect physician to another. Since, therefore, a man cannot have a better physician than himself, nor any physic better than a regular life, a regular life he ought to embrace.

I do not, however, mean, that, for the knowledge and cure of such disorders, as often befall those who do not live regularly, there is no occasion for a physician, and that his assistance ought to be slighted. For, if we are apt to receive such great comfort from friends, who come to visit us in our illness, though they do no more than testify their concern for us, and bid us be of good cheer ; how much more regard ought we to have for the physician, who is a friend that comes to see us in order to relieve us, and promises us a cure ? But for the bare purpose of keeping us in good health, I

am of opinion, that we should consider as a physician this regular life, which, as we have seen, is our natural and proper physic, since it preserves men, even those of a bad constitution, in health ; makes them live sound and hearty to the age of one hundred and upwards ; and prevents their dying of sickness, or through a corruption of their humors, but merely by a dissolution of their radical moisture, when quite exhausted ; all which effects several wise men have attributed to potable gold, and the elixir, sought for by many, but discovered by few. However, to confess the truth, men, for the most part, are very sensual and intemperate, and love to satisfy their appetites, and to commit every excess ; therefore, seeing that they cannot avoid being greatly injured by such excess, as often as they are guilty of it, they by way of apologizing for their conduct, say, that it is better to live ten years less, and enjoy themselves ; not considering of what importance are ten years more of life, especially a healthy life, and at a maturer age ; when men become sensible of their progress in knowledge and virtue, which cannot attain to any degree of perfection before this period of life.

Not to speak, at present, of many other advantages, I shall barely mention that in regard to letters and the sciences ; far the greatest number of the best and most celebrated books extant, were written during that period of life, and those ten years, which some make it their business to undervalue, in order to give a loose to their appetites. Be that as it will, I would not act like them. I rather coveted to live these ten

years, and, had I not done so, I should never have finished those tracts, which I have composed in consequence of my having been sound and hearty these ten years past; and which I have the pleasure to think will be of service to others. These sensualists add, that a regular life is such as no man can lead. To this I answer, Galen, who was so great a physician, led such a life, and chose it as the best physic. The same did Plato, Cicero, Isocrates, and many other great men of former times; whom, not to tire the reader, I shall forbear naming: and, in our own days, Pope Paul Farnese led it, and Cardinal Bembo; and it was for that reason they lived so long; likewise our two doges, Lando and Donato; besides many others of meaner condition, and those who live not only in cities, but also in different parts of the country, who all found great benefit by conforming to this regularity. Therefore, since many have led this life, and many actually lead it, it is not such a life but that every one may conform to it; and the more so, as no great difficulty attends it; nothing indeed, being requisite but to begin in good earnest, as the above-mentioned Cicero affirms, and all those who now live in this manner. Plato, you will say, though he himself lived very regularly, affirms, notwithstanding, that, in republics, men cannot do so, being often obliged to expose themselves to heat, cold, and several other kinds of hardship, and other things, which are all so many disorders, and incompatible with a regular life. I answer, as I have already observed, that these are not disorders attended with any bad consequence, or which affect

either health or life, when the man, who undergoes them, observes the rules of sobriety, and commits no excess in the two points concerning diet, which a republican may very well avoid, nay it is requisite he should avoid; because, by so doing, he may be sure either to escape those disorders, which, otherwise, it would be no easy matter for him to escape while exposed to these hardships; or, in case he could not escape them, he may more easily and speedily prevent their bad effects.

Here it may be objected, and some actually object, that he, who leads a regular life, having constantly, when well, made use of food fit for the sick, and in small quantities, has no resource left in case of illness. To this I might, in the first place, answer, that nature, desirous to preserve man in good health as long as possible, informs him, herself, how he is to act in time of illness; for she immediately deprives him, when sick, his appetite, in order that he may eat but little; because nature (as I have said already) is satisfied with little; wherefore, it is requisite, that a man, when sick, whether he has been a regular or irregular liver, should use no meats, but such as are suited to his disorder; and of these even in a much smaller quantity than he was wont to do, when in health. For were he to eat as much as he used to do, he would die by it; because it would be only adding to the burden, with which nature was already oppressed, by giving her a greater quantity of food, than she can, in such circumstances, support; and this, I imagine, would be a sufficient caution to any sick person. But, independent

of all this, I might answer some others, and still better, that whoever leads a regular life, cannot be sick; or, at least, but seldom, and for a short time; because, by living regularly, he extirpates every seed of sickness; and thus, by removing the cause, prevents the effect; so that he, who pursues a regular course of life, need not be apprehensive of illness, as he need not be afraid of the effect, who has guarded against the cause.

Since it therefore appears that a regular life is so profitable and virtuous, so lovely and so holy, it ought to be universally followed and embraced; and the more so, as it does not clash with the means or duties of any station, but is easy to all; because, to lead it, a man need not tie himself down to eat so little as I do, or not to eat fruit, fish, and other things of that kind, from which I abstain, who eat little, because it is sufficient for my puny and weak stomach; and fruit, fish, and other things of that kind, disagree with me, which is my reason for not touching them. Those, however, with whom such things agree, may, and ought to eat them; since they are not by any means forbid the use of such sustenance. But, then, both they, and all others, are forbid to eat a greater quantity of any kind of food, even of that which agrees with them, than their stomachs can easily digest; the same is to be understood of drink. Hence it is that those, with whom nothing disagrees, are not bound to observe any rule but that relating to the quantity, and not to the quality, of their food : a rule which they may, without the least difficulty in the world, comply with.

Let nobody tell me, that there are numbers, who, though they live most irregularly, live in health and spirits, to those remote periods of life, attained by the most sober; for, this argument being grounded on a case full of uncertainty and hazard, and which besides, so seldom occurs, as to look more like a miracle than the work of nature, men should not suffer themselves to be thereby persuaded to live irregularly, nature having been too liberal to those, who did so without suffering by it; a favor, which very few have any right to expect. Whoever, trusting to his youth, or the strength of his constitution, or the goodness of his stomach, slights these observations, must expect to suffer greatly by so doing, and live in constant danger of disease and death. I therefore affirm, that an old man, even of a bad constitution, who leads a regular and sober life, is surer of a long one, than a young man of the best constitution, who leads a disorderly life. It is not to be doubted, however, that a man blessed with a good constitution may, by living temperately, expect to live longer than one whose constitution is not so good; and that God and nature can dispose matters so, that a man shall bring into the world with him so sound a constitution, as to live long and healthy, without observing such strict rules; and then die in a very advanced age, through a mere dissolution of his elementary parts; as was the case, in Venice, of the procurator, Thomas Contarini; and, in Padua, of the cavalier Antonio Capo di Vacca. But it is not one man in a thousand, that so much can be said of. If others have a mind to live long and healthy, and die

without sickness of body or mind, but by mere dissolution, they must submit to live regularly, since they cannot otherwise expect to enjoy the fruits of such a life, which are almost infinite in number, and each of them, in particular, of infinite value. For, as such regularity keeps the humors of the body cleansed and purified; it suffers no vapors to ascend from the stomach to the head; hence the brain of him, who lives in that manner, enjoys such a constant serenity, that he is always perfectly master of himself. He, therefore, easily soars above the low and grovelling concerns of this life, to the exalted and beautiful contemplation of heavenly things, to his exceeding great comfort and satisfaction; because he, by this means, comes to consider, know, and understand that, which otherwise he would never have considered, known, or understood; that is, how great is the power, wisdom, and goodness of the Deity. He then descends to nature, and acknowledges her for the daughter of God; and sees, and even feels with his hands, that which in any other age, or with a perception less clear, he could never have seen or felt. He then truly discerns the brutality of that vice into which they fall, who know not how to subdue their passions, and those three importunate lusts, which, one would imagine, came all together into the world with us, in order to keep us in perpetual anxiety and disturbance. These are, the lust of the flesh, the lust of honors, and the lust of riches; which are apt to increase with years in such old persons as do not lead a regular life; because, in their passage through the stage of manhood, they did not,

as they ought, renounce sensuality and their passions; and take up with sobriety and reason; virtues which men of a regular life did not neglect when they passed through the above mentioned stage. For, knowing such passions and such lusts to be inconsistent with reason, by which they are entirely governed; they, at once, broke loose from all temptations to vice; and, instead of being slaves to their inordinate appetites, they applied themselves to virtue and good works; and by these means, they altered their conduct, and became men of good and sober lives. When, therefore, in process of time, they see themselves brought by a long series of years to their dissolution, conscious that, through the singular mercy of God, they had so sincerely relinquished the paths of vice, as never afterwards to enter them; and moreover hoping, through the merits of our Saviour Jesus Christ, to die in his favor, they do not suffer themselves to be cast down at the thoughts of death, knowing that they must die. This is particularly the case, when, loaded with honor, and sated with life, they see themselves arrived at that age, which not one in many thousands of those, who live otherwise, ever attains. They have still the greater reason not to be dejected at the thoughts of death, as it does not attack them violently and by surprise, with a bitter and painful turn of their humors, with feverish sensations, and sharp pains, but steals upon them insensibly, and with the greatest ease and gentleness; such an end, proceeding entirely from exhaustion of the radical moisture, which decays by degrees like the oil of a lamp; so that they pass gently, with-

out any sickness, from this terrestrial and mortal to a celestial and eternal life.

O holy and truly happy regularity ! How holy and happy should men, in fact, deem thee, since the opposite habit is the cause of such guilt and misery, as evidently appears to those who consider the opposite effects of both ! so that men should know thee by thy voice alone, and thy lovely name ; for what a glorious name, what a noble thing, is an orderly and sober life ! as, on the contrary, the bare mention of disorder and intemperance is offensive to our ears. Nay, there is the same difference between the mentioning these two things, as between the uttering of the words angel and devil.

Thus I have assigned my reasons for abandoning intemperance, and betaking myself entirely to a sober life ; with the method I pursued in doing so, and what was the consequence of it ; and, finally, the advantages and blessings, which a sober life confers upon those who embrace it. Some sensual, inconsiderate persons affirm, that a long life is no blessing ; and that the state of man, who has passed his seventy-fifth year, cannot really be called life, but death. But this is a great mistake, as I shall fully prove ; and it is my sincere wish, that all men would endeavour to attain my age, in order that they too may enjoy that period of life, which of all others is the most desirable.

I will therefore give an account of my recreations, and the relish which I find at this stage of life, in order to convince the public (which may likewise be done by all those who know me) that the state I

have now attained to is by no means death, but real life; such a life, as by many is deemed happy, since it abounds with all the felicity that can be enjoyed in this world. And this testimony they will give, in the first place, because they see, and not without the greatest amazement, the good state of health and spirits I enjoy; how I mount my horse without any assistance, or advantage of situation; and how I not only ascend a single flight of stairs, but climb up a hill from bottom to top, afoot, and with the greatest ease and unconcern; then how gay, pleasant, and good-humored I am; how free from every perturbation of mind, and every disagreeable thought; in lieu of which, joy and peace have so firmly fixed their residence in my bosom, as never to depart from it. Moreover, they know in what manner I pass my time, so as not to find life a burden; seeing I can contrive to spend every hour of it with the greatest delight and pleasure, having frequent opportunities of conversing with many honorable gentlemen, men valuable for their good sense and manners, their acquaintance with letters, and every other good quality. Then, when I cannot enjoy their conversation, I betake myself to the reading of some good book. When I have read as much as I like, I write; endeavoring, in this as in every thing else, to be of service to others, to the utmost of my power. And all these things I do with the greatest ease to myself, at their proper seasons, and in my own house; which, besides being situated in the most beautiful quarter of this noble and learned city of Padua, is, in itself, really convenient and handsome, such, in

a word, as it is no longer the fashion to build; for, in one part of it, I can shelter myself from extreme heat; and, in the other, from extreme cold, having contrived the apartments according to the rules of architecture, which teach us what is to be observed in practice.

Besides this house, I have my several gardens, supplied with running waters; and in which I always find something to do, that amuses me. I have another way of diverting myself, which is going every April and May, and, likewise, every September and October, for some days, to enjoy an eminence belonging to me in the Euganean mountains, and in the most beautiful part of them, adorned with fountains and gardens; and, above all, a convenient and handsome lodge; in which place I likewise now and then make one in some hunting party suitable to my taste and age. Then I enjoy for as many days my villa in the plain, which is laid out in regular streets, all terminating in a large square, in the middle of which stands the church, suited to the condition of the place. This villa is divided by a wide and rapid branch of the river Brenta, on both sides of which there is a considerable extent of country, consisting entirely of fertile and well-cultivated fields. Besides, this district is now, God be praised, exceedingly well inhabited, which it was not at first, but rather the reverse; for it was marshy; and the air so unwholesome, as to make it a residence fitter for snakes than men. But, on my draining off the waters, the air mended, and people resorted to it so fast, and increased to such a degree, that it soon acquired the perfection in which it now appears: hence

I may say with truth, that I have offered in this place, an altar and a temple to God, with souls to adore him; these are things which afford me infinite pleasure, comfort, and satisfaction, as often as I go to see and enjoy them.

At the same seasons every year, I revisit some of the neighboring cities, and enjoy such of my friends as live there, taking the greatest pleasure in their company and conversation; and by their means I also enjoy the conversation of other men of parts, who live in the same places; such as architects, painters, sculptors, musicians, and husbandmen, with whom this age most certainly abounds. I visit their new works; I revisit their former ones; and I always learn something, which gives me satisfaction. I see the palaces, gardens, antiquities; and with these, the squares and other public places, the churches, the fortifications, leaving nothing unobserved, from whence I may reap either entertainment or instruction. But what delights me most, is, in my journeys backwards and forwards, to contemplate the situation and other beauties of the places I pass through; some in the plain, others on hills, adjoining to rivers or fountains; with a great many fine houses and gardens. Nor are my recreations rendered less agreeable and entertaining by my not seeing well, or not hearing readily every thing that is said to me; or by any other of my faculties not being perfect; for they are all, thank God, in the highest perfection; particularly my palate, which now relishes better the simple fare I eat, wherever I happen to be, than it formerly did the most delicate

dishes, when I led an irregular life. Nor does the change of beds give me any uneasiness, so that I sleep everywhere soundly and quietly, without experiencing the least disturbance; and all my dreams are pleasant and delightful.

It is likewise with the greatest pleasure and satisfaction I behold the success of an undertaking so important to this state, I mean that of draining and improving so many uncultivated pieces of ground, an undertaking begun within my memory; and which I never thought I should live to see completed; knowing how slow republics are apt to proceed in enterprises of great importance. Nevertheless, I have lived to see it; and was even in person, in these marshy places, along with those appointed to superintend the draining of them, for two months together, during the greatest heats of summer, without ever finding myself the worse for the fatigues or inconveniences I suffered; of so much efficacy is that orderly life, which I everywhere constantly lead.

What is more, I am in the greatest hopes, or rather sure, to see the beginning and completion of another undertaking of no less importance, which is that of preserving our estuary or port, that last and wonderful bulwark of my dear country, the preservation of which (it is not to flatter my vanity I say it, but merely to do justice to truth) has been more than once recommended by me to this republic, by word of mouth, and in writings which cost me many nights' study. And to this dear country of mine, as I am bound by the laws of nature to do every thing, from

which it may reap any benefit, so I most ardently wish perpetual duration, and a long succession of every kind of prosperity. Such are my genuine and no trifling satisfactions; such are the recreations and diversions of my old age, which is so much the more to be valued than the old age, or even youth, of other men, because being freed, by God's grace, from the perturbations of the mind, and the infirmities of the body, it no longer experiences any of those contrary emotions, which torment a number of young men, and many old ones destitute of strength and health, and every other blessing.

And if it be lawful to compare little matters, and such as are esteemed trifling, to affairs of importance, I will further venture to say, that such are the effects of this sober life, that at my present age of eighty-three, I have been able to write a very entertaining comedy, abounding with innocent mirth and pleasant jests. This species of composition is generally the child and offspring of youth, as tragedy is that of old age; the former being by its facetious and sprightly turn suited to the bloom of life, and the latter by its gravity adapted to riper years. Now, if that good old man, Sophocles, a Grecian by birth, and a poet, was so much extolled for having written a tragedy at the age of seventy-three, and on that account alone, reputed of sound memory and understanding, though tragedy be a grave and melancholy poem; why should I be deemed less happy, and to have a smaller share of memory and understanding, who have, at an age ten years more advanced than his, written a comedy,

which, as every one knows, is a merry and pleasant kind of composition ? And, indeed, if I may be allowed to be an impartial judge in my own cause, I cannot help thinking, that I am now of sounder memory and understanding, and heartier, than he was when ten years younger.

And, that no comfort might be wanting to the fullness of my years, whereby my great age may be rendered less irksome, or rather the number of my enjoyments increased, I have the additional comfort of seeing a kind of immortality in a succession of descendants. For, as often as I return home, I find there, before me, not one or two, but eleven grandchildren, the oldest of them eighteen, and the youngest two ; all the offspring of one father and one mother ; all blessed with the best health ; and, by what as yet appears, fond of learning, and of good parts and morals. Some of the youngest I always play with ; and, indeed, children from three to five are only fit for play. Those above that age I make companions of ; and, as nature has bestowed very fine voices upon them, I amuse myself, besides, with seeing and hearing them sing, and play on various instruments. Nay, I sing myself, as I have a better voice now, and a clearer and louder pipe, than at any other period of life. Such are the recreations of my old age.

Whence it appears, that the life I lead is cheerful, and not gloomy, as some persons pretend, who know no better ; to whom, in order that it may appear what value I set on every other kind of life, I must declare, that I would not exchange my manner of liv-

ing or my grey hairs with any of those young men, even of the best constitution, who give way to their appetites; knowing, as I do, that such are daily, nay, hourly subject, as I have already observed, to a thousand kinds of ailments and deaths. This is, in fact, so obvious, as to require no proof. Nay, I remember perfectly well, how I used to behave at that time of life. I know how inconsiderately that age is apt to act, and how foolhardy young men, hurried on by the heat of their blood, are wont to be; how apt they are to presume too much on their own strength in all their actions; and how sanguine they are in their expectations; as well on account of the little experience they have had for the time past, as by reason of the power they enjoy in their own imaginations over the time to come. Hence they expose themselves rashly to every kind of danger; and, banishing reason, and bowing their necks to the yoke of concupiscence, endeavour to gratify all their appetites, not minding, fools as they are, that they thereby hasten, as I have several times observed, the approach of what they would most willingly avoid, I mean sickness and death. Of these two evils, one is troublesome and painful, the other above all things dreadful and insupportable; insupportable to every man, who has given himself up to his sensual appetites, and to young men in particular, to whom it appears a hardship to die an early death; dreadful to those, who reflect on the errors to which this mortal life is subject, and on the vengeance which the justice of God is wont to take on sinners, by condemning them to everlasting punishment. On the

other hand, I, in my old age, (praise to the Almighty,) am exempt from both these apprehensions; from the one, because I am sure and certain that I cannot fall sick, having removed all the causes of illness by my divine medicine; from the other, that of death, because from so many years' experience I have learned to obey reason; whence I not only think it a great piece of folly to fear that which cannot be avoided, but likewise firmly expect some consolation, from the grace of Jesus Christ, when I shall arrive at that period.

Besides, though I am sensible that I must, like others, reach that term, it is yet at so great a distance, that I cannot discern it, because I know I shall not die except by mere dissolution, having already, by my regular course of life, shut up all the other avenues of death, and thereby prevented the humors of my body from making any other war upon me, than that which I must expect from the elements employed in the composition of this mortal frame. I am not so simple as not to know, that, as I was born, so I must die. But that is a desirable death, which nature brings on us by way of dissolution. For nature, having herself formed the union between our body and soul, knows best in what manner it may be most easily dissolved, and grants us a longer day to do it, than we could expect from sickness, which is violent. This is the death, which, without speaking like a poet, I may call, not death, but life. Nor can it be otherwise. Such a death does not overtake one till after a very long course of years, and in consequence of an extreme weakness; it being only by slow degrees that men

grow too feeble to walk, and unable to reason, becoming blind, and deaf, decrepid, and full of every other kind of infirmity. Now I, (by God's blessing) may be quite sure that I am at a very great distance from such a period. Nay, I have reason to think, that my soul, having so agreeable a dwelling in my body, as not to meet with any thing in it but peace, love, and harmony, not only between it humors, but between my reason and the senses, is exceedingly content and well pleased with her present situation : and of course, that a great length of time and many years must be requisite to dislodge her. Whence it must be concluded for certain, that I have still a series of years to live in health and spirits, and enjoy this beautiful world, which is, indeed, beautiful to those, who know how to make it so, as I have done, and likewise expect to be able to do, with God's assistance, in the next; and all by the means of virtue, and that divine regularity of life, which I have adopted, concluding an alliance with my reason, and declaring war against my sensual appetites; a thing which every man may do, who desires to live as he ought.

Now, if this sober life be so happy; if its name be so desirable and delightful; if the possession of the blessings which attend it, be so stable and permanent, all I have still left to do, is to beseech (since I cannot compass my desires by the powers of oratory) every man of a liberal disposition, and sound understanding, to embrace with open arms this most valuable treasure of a long and healthy life; a treasure, which as it exceeds all the other riches and blessings of this

world, so it deserves above all things to be cherished, sought after, and carefully preserved. This is that divine sobriety, agreeable to the Deity, the friend of nature, the daughter of reason, the sister of all the virtues, the companion of temperate living. modest, courteous, content with little, regular, and perfect mistress of all her operations. From her, as from their proper root, spring life, health, cheerfulness, industry, learning, and all those actions and employments worthy of noble and generous minds. The laws of God and man are all in her favor. Repletion, excess, intemperance, superfluous humors, diseases, fevers, pains, and the dangers of death, vanish, in her presence, like clouds before the sun. Her comeliness ravishes every well-disposed mind. Her influence is so sure, as to promise to all a very long and agreeable existence; the facility of acquiring her is such, as ought to induce every one to look for her and share in her victories. And, lastly, she promises to be a mild and agreeable guardian of life; as well of the rich as of the poor; of the male as of the female sex; the old as of the young; being that which teaches the rich, modesty; the poor, frugality; men, continence; women, chastity; the old, how to ward off the attacks of death; and bestows on youth firmer and securer hopes of life. Sobriety renders the senses clear, the body light, the understanding lively, the soul brisk, the memory tenacious, our motions free, and all our actions regular and easy. By means of sobriety, the soul delivered, as it were, of her earthly burthen, experiences a great deal of her natural liberty : the spirits circulate gently

through the arteries ; the blood runs freely through the veins ; the heat of the body, kept mild and temperate, has mild and temperate effects : and, lastly, our faculties, being under a perfect regulation, preserve a pleasing and agreeable harmony.

O most innocent and holy sobriety, the sole refreshment of nature, the nursing mother of human life, the true physic of soul as well as of body. How ought men to praise thee, and thank thee for thy princely gifts ! since thou bestowest on them the means of preserving this blessing, I mean life and health, than which it has not pleased God we should enjoy a greater on this side of the grave, life and existence being a thing so naturally coveted, and willingly preserved, by every living creature. But, as I do not intend to write a panegyric on this rare and excellent virtue, I shall put an end to this discourse, lest I should be guilty of excess, in dwelling so long on so pleasing a subject. Yet as numberless things may still be said of it, I leave off, with an intention of setting forth the rest of its praises at a more convenient opportunity.

CORNARO'S COMPENDIUM

WRITTEN AT THE AGE OF EIGHTY-SIX, IN THE YEAR 1553.

My treatise on a sober life has begun to answer my desire, in being of service to many persons born with a weak constitution, who every time they committed the least excess, found themselves greatly indisposed, a thing which it must be allowed does not happen to robust people; several of these persons of weak constitutions, on seeing the foregoing treatise, have betaken themselves to a regular course of life, convinced by experience of its utility. In like manner, I should be glad to be of service to those, who are born with a good constitution, and presuming upon it, lead a disorderly life; whence it comes to pass, that, on their attaining the age of sixty or thereabouts, they are attacked with various pains and diseases; some with the gout, some with pains in the side, and others with pains in the stomach, and the like, to which they would not be subject, were they to embrace a sober life, and as most of them die before they attain their eightieth year, they would live to a hundred, the time allowed to man by God and nature. And, it is but

reasonable to believe, that the intention of this our mother is, that we should all attain that term, in order that we might all taste the sweets of every state of life. But, as our birth is subject to the revolutions of the heavens, these have great influence over it, especially in rendering our constitutions robust or infirm; a thing, which nature cannot ward against; for, if she could, we should all bring a good constitution with us into the world. But then she hopes, that man, being endowed with reason and understanding, may of himself compensate, by dint of art, the want of that, which the heavens have denied him; and, by means of a sober life, contrive to mend his infirm constitution, live to a great age, and always enjoy good health.

For man, it is not to be doubted, may by art exempt himself in part from the influence of the heavens; it being the common opinion, that the heavens give an inclination, but do not impel us; for which reason the learned say, that a wise man rules the stars. I was born with a very choleric disposition, in-somuch that there was no living with me; but I took notice of it, and considered, that a person swayed by his passion, must at certain times be no better than a madman; I mean at those times, when he suffers his passions to predominate, because he then renounces his reason and understanding. I, therefore, resolved to make my choleric disposition give way to reason; so that now, though born choleric, I never suffer anger entirely to overcome me. The man, who is naturally of a bad constitution, may, in like manner, by dint of

reason, and a sober life, live to a great age and in good health, as I have done, who had naturally the worst, so that it was impossible I should live above forty years, whereas I now find myself sound and hearty at the age of eighty-six; and were it not for the long and violent fits of illness which I experienced in my youth to such a degree, that the physicians gave me over, and which robbed me of my radical moisture, a loss absolutely irreparable, I might expect to attain the above-mentioned term of one hundred. But I know for good reasons that it is impossible; and, therefore, do not think of it. It is enough for me, that I have lived forty-six years beyond the term I had a right to expect; and that, during this so long a respite all my senses have continued perfect; and even my teeth, my voice, my memory, and my strength. But what is still more, my brain is more itself now than ever it was; nor do any of these powers abate as I advance in years; and this because, as I grow older, I lessen the quantity of my solid food.

This retrenchment is necessary, nor can it be avoided, since it is impossible for a man to live for ever; and, as he draws near his end, he is reduced so low as to be no longer able to take any nourishment, unless it be to swallow, and that too with difficulty, the yolk of an egg in the four and twenty hours, and thus end by mere dissolution, without any pain or sickness, as I expect will be my case. This is a blessing of great importance; yet may be expected by all those, who shall lead a sober life, of whatever degree or condition, whether high, or middling, or low; for

we are all of the same species, and composed of the same four elements. And, since a long and healthy life ought to be greatly coveted by every man, as I shall presently show, I conclude, that every man is bound in duty to exert himself to obtain longevity, and that he cannot promise himself such a blessing without temperance and sobriety.

Some alledge, that many, without leading such a life, have lived to a hundred, and that in constant health, though they eat a great deal, and used indiscriminately every kind of viands and wine; and, therefore, flatter themselves, that they shall be equally fortunate. But in this they are guilty of two mistakes: the first is, that it is not one in a hundred thousand that ever attains that happiness; the other mistake is, that such, in the end, most assuredly contract some illness, which carries them off; nor can they ever be sure of ending their days otherwise: so that the safest way to obtain a long and healthy life is, at least after forty, to embrace sobriety. This is no such difficult affair, since history informs us of so many who in former times lived with the greatest temperance; and I know that the present age furnishes us with many such instances, reckoning myself one of the number: we are all human beings, and endowed with reason, consequently we are masters of all our actions.

This sobriety is reduced to two things, quality and quantity. The first, namely, quality, consists in nothing, but not eating food, or drinking wines, prejudicial to the stomach. The second, which is quantity, consists in not eating or drinking more than the

stomach can easily digest; which quantity and quality every man should be a perfect judge of by the time he is forty, or fifty, or sixty; and, whoever observes these two rules, may be said to live a regular and sober life. This is of so much virtue and efficacy, that the humors of such a man's body become most homogeneous, harmonious, and perfect; and, when thus improved, are no longer liable to be corrupted or disturbed by any other disorders whatsoever, such as suffering excessive heat or cold, too much fatigue, want of natural rest, and the like, unless in the last degree of excess. Wherefore, since the humors of persons, who observe these two rules relative to eating and drinking, cannot possibly be corrupted, and engender acute diseases, the sources of an untimely death, every man is bound to comply with them; for whoever acts otherwise, living a disorderly instead of a regular life, is constantly exposed to disease and mortality, as well in consequence of such disorders, as of others without number, each of which is capable of producing the same destructive effect. It is, indeed, true, that even those, who observe the two rules relating to diet, the observance of which constitutes a sober life, may, by committing any one of the other irregularities, find himself the worse for it, a day or two; but not so as to breed a fever. He may, likewise, be affected by the revolutions of the heavens; but neither the heavens nor those irregularities, are capable of corrupting the humors of a temperate person; and it is but reasonable and natural it should be so, as the two irregularities of diet are interior, and the others exterior.

But as there are some persons, stricken in years, who are, notwithstanding, very gluttonous, and alledge that neither the quantity or quality of their diet makes any impression upon them, and therefore eat a great deal, and of every thing without distinction, and indulge themselves equally in point of drinking, because they do not know in what part of their bodies their stomachs are situated; such, no doubt, are beyond all measure sensual, and slaves to gluttony. To these I answer, that what they say is impossible in the nature of things, because it is impossible that every man, who comes into the world, should not bring with him a hot, a cold, or a temperate constitution; and that hot foods should agree with hot constitutions, cold with cold ones; and things that are not of a temperate nature, with temperate ones, is likewise impossible in nature. After all, these epicures must allow, that they are now and then out of order; and that they cure themselves by taking evacuating medicines and observing a strict diet. Whence it appears, that their being out of order is owing to their eating too much, and of things disagreeing with their stomach.

There are other old gluttons, who say, that it is necessary they should eat and drink a great deal, to keep up their natural heat, which is constantly diminishing, as they advance in years; and that it is, therefore, necessary to eat heartily, and of such things as please their palate, be they hot, cold, or temperate; and that, were they to lead a sober life, it would be a short one. To these I answer, that our kind mother, nature, in order that the old men may live still to a

greater age, has contrived matters so, that they should be able to subsist on little, as I do ; for, large quantities of food cannot be digested by old and feeble stomachs. Nor should such persons be afraid of shortening their days by eating too little, since when they happen to be indisposed, they recover by lessening the quantity of their food ; for it is a trifle they eat, when confined to a regimen, by observing which they get rid of their disorder. Now, if by reducing themselves to a very small quantity of food, they recover from the jaws of death, how can they doubt but that with an increase of diet, still consistent however with sobriety, they will be able to support nature when in perfect health ?

Others say, that it is better for a man to suffer every year three or four returns of his usual disorders, such as the gout, pain in the side, and the like, than be tormented the whole year by not indulging his appetite, and eating every thing his palate likes best ; since, by a good regimen alone, he is sure to get the better of such attacks. To this I answer, that our natural heat growing less and less, as we advance in years, no regimen can retain virtue sufficient to conquer the malignity, with which disorders of repletion are ever attended ; so that he must die, at last, of these periodical disorders, because they abridge life, as health prolongs it.

Others pretend, that it is much better to live ten years less, than not indulge one's appetite. To this I answer, that longevity ought to be highly valued by

men of parts ; as to others, it is no great matter if it is not duly prized by them, since they are a disgrace to mankind, so that their death is rather of service to the public. But it is a great misfortune, that men of bright parts should be cut off in that manner, since he who is already a cardinal, might, perhaps, by living to eighty, attain the papal crown ; and in the state, many, by living some years extraordinary, may acquire the ducal dignity ; and so in regard to letters, by which a man may rise so as to be considered as a god upon earth ; and the like in every other profession.

There are others, who, though their stomachs become weaker and weaker with respect to digestion, as they advance in years, cannot, however, be brought to retrench the quantity of their food, nay they rather increase it. And, because they find themselves unable to digest the great quantity of food, with which they must load their stomachs, by eating twice in the four and twenty hours, they make a resolution to eat but once, that the long interval between one meal and the other may enable them to eat at one sitting as much as they used to do in two ; thus they eat till their stomachs, overburthened with much food, pall, and sicken, and change the superfluous food into bad humors, which kill a man before his time. I never knew any person, who led that kind of life, live to be very old. All these old men I have been speaking of would live long, if, as they advanced in years, they lessened the quantity of their food, and eat oftener, but little at a time ; for old stomachs cannot digest large quantities of food ; old men changing, in that

respect, to children, who eat several times in the four and twenty hours.

Others say, that temperance may, indeed, keep a man in health, but that it cannot prolong his life. To this I answer, that experience proves the contrary; and that I myself am a living instance of it. It cannot be said, that sobriety is apt to shorten one's days, as sickness does; and that the latter abbreviates life, is most certain. Moreover, a constant succession of good health is preferable to frequent sickness, as the radical moisture is thereby preserved. Hence it may be fairly concluded, that holy sobriety is the true parent of health and longevity.

O thrice holy sobriety, so useful to man, by the services thou renderest him ! thou prolongest his days, by which means he greatly improves his understanding, and by such improvement he avoids the bitter fruits of sensuality, which are an enemy to reason; man's peculiar privilege : those bitter fruits are the passions and perturbations of the mind. Thou, moreover, freest him from the dreadful thoughts of death. How greatly is thy faithful disciple indebted to thee, since by thy assistance he enjoys this beautiful expanse of the visible world, which is really beautiful to such as know how to view it with a philosophic eye, as thou hast enabled me to do. Nor could I, at any other time of life, even when I was young, but altogether debauched by an irregular life, perceive its beauties, though I spared no pains or expense to enjoy every season of life. But I found that all the pleasures of that age had their alloy; so that I never knew till I

grew old, that the world was beautiful. O truly happy life, which, over and above all these favors conferred on thine old man, hast so improved and perfected his stomach, that he has now a better relish for his dry bread, than he had formerly in his youth, for the most exquisite dainties : and all this he has compassed by acting rationally ; knowing, that bread is, above all things, man's proper food, when seasoned by a good appetite ; and, whilst a man leads a sober life, he may be sure of never wanting that natural sauce ; because, by always eating little, the stomach, not being much burthened, need not wait long to have an appetite. It is for this reason, that dry bread relishes so well with me ; and I know it from experience, and can with truth affirm, I find such *sweetness* in it, that I should be afraid of sinning against temperance, were it not for my being convinced of the absolute necessity of eating it, and that we cannot make use of a more natural food. And thou, kind parent Nature, who actest so lovingly by thy aged offspring, in order to prolong his days, hast contrived matters so in his favor, that he can live upon very little ; and, in order to add to the favor, and do him still greater service, hast made him sensible, that, as in his youth he used to eat twice a day, when he arrived at old age, he ought to divide that food, of which he was accustomed before to make but two meals, into four ; because, thus divided, it will be more easily digested ; and, as in his youth he made but two meals in the day, he should, in his old age, make four, provided however he lessens the quantity, as his years increase. And that is what

I do, agreeably to my own experience; and, therefore, my spirits, not oppressed by much food, but barely kept up, are always brisk; especially after eating, so that I am accustomed then to sing a song, and afterwards to write.

Nor do I *ever* find myself the worse for writing immediately after *meals*; nor is my understanding ever *clearer*; nor am I apt to be *drowsy*; the food I take being in too small a quantity to send up any *fumes* to the brain. O, how advantageous it is to an old man to *eat* but little! Accordingly, I, who know it, eat but just enough to keep body and soul together; and the things I eat are as follow: First, bread, panado, some broth with an egg in it, or such other good kinds of soup or spoon meat. Of flesh meat, I eat veal, kid, and mutton. I eat poultry of every kind. I eat partridges, and other birds, such as thrushes. I likewise eat fish; for instance, the goldney and the like, amongst sea fish; and the pike, and such like, amongst fresh water fish. All these things are fit for an old man; and, therefore, he ought to be content with them, and considering their number and variety, not hanker after others. Such old men, as are too poor to allow themselves provisions of this kind, may do very well with bread, panado, and eggs; things which no poor man can want, unless it be common beggars, and, as we call them, vagabonds, about whom we are not bound to make ourselves uneasy, since they have brought themselves to that pass by their indolence; and had better be dead than alive; for they are a disgrace to human nature. But, though

a poor man should eat nothing but bread, panado, and eggs, there is no necessity for his eating more than his stomach can digest. And whoever does not trespass in point of either quantity or quality, cannot die but by mere dissolution. O, what a difference there is between a regular and an irregular life ! One gives longevity and health, the other produces diseases and untimely deaths.

O, unhappy, wretched life, my sworn enemy, who art good for nothing but to murder those, who follow thee ! How many of my dearest relations and friends hast thou robbed me of, in consequence of their not giving credit to me ; relations and friends, whom I should now enjoy. But thou hast not been able to destroy me, according to thy wicked intent and purpose. I am still alive in spite of thee, and have attained to such an age, as to see around me eleven grandchildren, all of fine understanding, and amiable dispositions ; all given to learning and virtue ; all beautiful in their persons and lovely in their manners ; whom, had I obeyed thy dictates, I should never have beheld. Nor should I enjoy those beautiful and convenient apartments which I have built from the ground, with such a variety of gardens, as required no small time to attain their present degree of perfection. No ! thy nature is to destroy those who follow thee, before they can see their houses or gardens so much as finished ; whereas, I, to thy no small confusion, have already enjoyed mine for a great number of years. But, since thou art so pestilential a vice, as to poison and destroy the whole world ; and I am determined to use my ut-

most endeavors to extirpate thee, at least in part; I have resolved to counteract thee so, that my eleven grandchildren shall take pattern after me; and thereby expose thee, for what thou really art, a most wicked, desperate, and mortal enemy of the children of men.

I, really, cannot help admiring, that men of fine parts, and such there are, who have attained a superior rank in letters or any other profession, should not betake themselves to a regular life, when they are arrived at the age of fifty or sixty; or as soon as they find themselves attacked by any of the foregoing disorders, of which they might easily recover; whereas, by being permitted to get ahead, they become incurable. As to young men, I am no way surprised at them, since, the passions being strong at that age, they are of course the more easily overpowered by their baleful influence. But after fifty, our lives should, in every thing, be governed by reason, which teaches us, that the consequences of gratifying our palate and our appetite are disease and death. Were this pleasure of the palate lasting, it would be some excuse; but it is so momentary, that there is scarce any distinguishing between the beginning and the end of it; whereas the diseases it produces are very durable. But it must be a great contentment to a man of sober life, to be able to reflect that, in the manner he lives, he is sure, that what he eats, will keep him in good health, and be productive of no disease or infirmity.

Now I was willing to make this short addition to my treatise, founded on new reasons; few persons

caring to peruse longwinded discourses; whereas short tracts have a chance of being read by many; and I wish that many may see this addition, to the end that its utility may be more extensive.

EARNEST EXHORATION

WHEREIN the Author uses the strongest arguments to persuade all men to embrace a regular and sober life, in order to attain old age, in which they may enjoy all the favors and blessings, that God, in his goodness, vouchsafes to bestow upon mortals.

WRITTEN AT THE AGE OF NINETY-FIVE.

Not to be wanting to my duty, that duty, incumbent upon every man; and not to lose at the same time the satisfaction I feel in being useful to others, I have resolved to take up my pen, and inform those, who, for want of conversing with me, are strangers to what those know and see, with whom I have the pleasure of being acquainted. But, as certain things may appear, to some persons, scarce credible, nay impossible, though actually fact, I shall not fail to relate them for the benefit of the public. Wherefore, I say, being (God be praised) arrived at my ninety-fifth year, and still finding myself sound and hearty, content and cheerful, I never cease thanking the Divine Majesty for so great a blessing; considering the usual fate of other old men. These scarce attain the age of seventy, without losing their health and spirits; growing me-

lancholy and peevish ; and continually haunted by the thoughts of death ! apprehending their last hour from one day to another, so that it is impossible to drive such thoughts out of their mind ; whereas such things give me not the least uneasiness ; for, indeed, I cannot, at all, make them the object of my attention, as I shall hereafter more plainly relate. I shall, besides, demonstrate the certainty I have of living to a hundred. But, to render this dissertation more methodical, I shall begin by considering man at his birth ; and from thence accompany him through every stage of life to his grave.

I, therefore, say, that some come into the world with the stamina of life so weak, that they live but a few days, or months, or years ; and it cannot be clearly known, to what such shortness of life is owing ; whether to some defect in the father or the mother, in begetting them ; or to the revolutions of the heavens ; or to the defect of nature, subject, as she is, to the celestial influence. For, I could never bring myself to believe, that nature, the common parent of all, should be partial to any of her children. Therefore, as we cannot assign the causes, we must be content with reasoning from the effects, such as they daily appear to our view.

Others are born sound, indeed, and full of spirits ; but, notwithstanding, with a poor weakly constitution ; and of these some live to the age of ten ; others to twenty ; others to thirty and forty ; yet they do not live to extreme old age. Others, again, bring into the world a perfect constitution, and live to old age ; but

it is generally, as I have already said, an old age full of sickness and sorrow; for which they are to thank themselves; because they most unreasonably presume on the goodness of their constitution; and cannot by any means be brought to depart, when grown old, from the mode of life they pursued in their younger days; as if they still retained all their primitive vigor. Nay, they intend to live as irregularly when past the meridian of life, as they did all the time of their youth; thinking they shall never grow old, nor their constitution be ever impaired. Neither do they consider, that their stomach has lost its natural heat; and that they should, on that account, pay a greater regard to the quality of what they eat, and what wines they drink; and likewise to the quantity of each, which they ought to lessen : whereas, on the contrary, they are for increasing it; saying, that, as we lose our health and vigor by growing old, we should endeavor to repair the loss by increasing the quantity of our food, since it is by sustenance that man is preserved.

In this, nevertheless, they are greatly mistaken, since, as the natural heat lessens as a man grows in years, he should diminish the quantity of his meat and drink; nature, especially at that period, being content with little. Nay, though they have all the reason to believe this to be the case, they are so obstinate as to think otherwise, and still follow their usual disorderly life. But were they to relinquish it in due time, and betake themselves to a regular and sober course, they would not grow infirm in their old age, but would continue, as I am, strong and hearty, considering how

good and perfect a constitution it has pleased the Almighty to bestow upon them ; and would live to the age of one hundred and twenty. This has been the case of others, who, as we read in many authors, have lived a sober life, and, of course, were born with this perfect constitution ; and had it been my lot to enjoy such a constitution, I should make no doubt of attaining the same age. But, as I was born with feeble stamina, I am afraid I shall not outlive an hundred. Were others, too, who are also born with an infirm constitution, to betake themselves to a regular life, as I have done, they would attain the age of one hundred and upwards, as will be my case.

And this certainty of being able to live a great age is, in my opinion, a great advantage, and highly to be valued ; none being sure to live even a single hour ; except such as adhere to the rules of temperance. This security of life is built on good and true natural reasons, which can never fail ; it being impossible in the nature of things, that he, who leads a sober and regular life, should breed any sickness, or die of an unnatural death, before the time, at which it is absolutely impossible he should live. But sooner he cannot die, as a sober life has the virtue to remove all the usual causes of sickness ; and sickness cannot happen without a cause ; which cause being removed, sickness is, likewise, removed ; and sickness being removed, an untimely and violent death must be prevented.

And there is no doubt, that temperance has the virtue and efficacy to remove such causes ; for since health and sickness, life and death, depend on the good

or bad quality of the humors, temperance corrects their vicious tendencies, and renders them perfect, being possessed of the natural power of making them unite and hold together, so as to render them inseparable, and incapable of alteration or fermenting; circumstances, which engender cruel fevers, and end in death. It is true, indeed, and it would be a folly to deny it, that, let our humors be originally ever so good, time, which consumes every thing, cannot fail to consume and exhaust them; and that man, as soon as that happens, must die of a natural death; but yet without sickness, as will be my case, who shall die at my appointed time, when these humors shall be consumed, which they are not at present. Nay, they are still perfect; nor is it possible they should be otherwise in my present condition, when I find myself hearty and content, eating with a good appetite, and sleeping soundly. Moreover, all my faculties are as good as ever, and in the highest perfection; my understanding clearer and brighter than ever; my judgment sound; my memory tenacious; my spirits good; and my voice, the first thing which is apt to fail others, grown so strong and sonorous, that I cannot help chanting out loud my prayers morning and night, instead of whispering and muttering them to myself, as was formerly my custom.

And these are all so many true and sure signs and tokens, that my humors are good, and cannot waste but with time, as all those who converse with me conclude. O, how glorious this life of mine is like to be, replete with all the felicities which man can enjoy on

this side of the grave; and even exempt from that sensual brutality which age has enabled my better reason to banish; because where reason resides, there is no room for sensuality, nor for its bitter fruits, the passions, and perturbations of the mind, with a train of disagreeable apprehensions. Nor yet can the thoughts of death find room in my mind, as I have no sensuality to nourish such thoughts. Neither can the death of grandchildren and other relations and friends make any impression on me, but for a moment or two; and then it is over. Still less am I liable to be cast down by losses in point of fortune(as many have seen to their no small surprise.) And this is a happiness not to be expected by any but such as attain old age by sobriety, and not in consequence of a strong constitution; and such may moreover expect to spend their days happily, as I do mine, in a perpetual round of amusement and pleasure. And how is it possible a man should not enjoy himself, who meets with no crosses or disappointments in his old age, such as youth is constantly plagued with, and from which, as I shall presently show, I have the happiness of being exempt ?

The first of these is to do service to my country. O ! what a glorious amusement, in which I find infinite delight, as I thereby show her the means of improving her important estuary or harbor beyond the possibility of its filling for thousands of years to come, so as to secure to Venice her surprising and miraculous title of a maiden city, as she really is; and the **only one in the whole world; she will, moreover,**

thereby, add to the lustre of her great and excellent surname of queen of the sea : such is my amusement ; and nothing is wanting to make it complete. Another amusement of mine, is that of showing this maid and queen, in what manner she may abound with provisions, by improving large tracts of land, as well marshes, as barren sands, to great profit. A third amusement, and an amusement, too, without any alloy, is the showing how Venice, though already so strong as to be in a manner impregnable, may be rendered still stronger ; and, though extremely beautiful, may still increase in beauty ; though rich, may acquire more wealth, and may be made to enjoy better air, though her air is excellent. These three amusements, all arising from the idea of public utility, I enjoy in the highest degree. And who can say, that they admit of any alloy, as in fact they do not ? Another comfort I enjoy, is, that having lost a considerable part of my income, of which my grandchildren had been unfortunately robbed, I by mere dint of thought, which never sleeps, and without any fatigue of body, and very little of mind, have found a true and infallible method of repairing such loss more than double, by the means of that most commendable of arts, agriculture. Another comfort I still enjoy is to think, that my treatise on temperance, which I wrote in order to be useful to others, is really so, as many assure me by word of mouth, mentioning that it has proved extremely useful to them, as it in fact appears to have been, whilst others inform me by letter, that, under God, they are indebted to me for life. Still another

comfort I enjoy, is that of being able to write with my own hand; for, I write enough to be of service to others, both on architecture and agriculture. I likewise, enjoy another satisfaction, which is that of conversing with men of bright parts and superior understanding, from whom, even at this advanced period of life, I learn something. What a comfort is this, that, old as I am, I should be able, without the least fatigue, to study the most important, sublime, and difficult subjects !

I must farther add, though it may appear impossible to some, and may be so in some measure, that at this age I enjoy, at once(two lives; one terrestrial, which I possess in fact; the other celestial, which I possess in thought; and this thought is equal to actual enjoyment, when founded upon things we are sure to attain, as I am sure to attain that celestial life, through the infinite goodness and mercy of God. Thus, I enjoy this terrestrial life, in consequence of my sobriety and temperance, virtues so agreeable to the Deity; and I enjoy, by the grace of the same Divine Majesty, the celestial, which he makes me anticipate in thought; a thought so lively, as to fix me entirely on this object, the enjoyment of which I hold and affirm to be of the utmost certainty. And I hold that dying, in the manner I expect, is not really death, but a passage of the soul from this earthly life to a celestial, immortal, and infinitely perfect existence. Neither can it be otherwise : and this thought is so superlatively sublime, that it can no longer stoop to low and worldly objects, such as the death of this body, being entirely

taken up with the happiness of living a celestial and divine life; whence it is, that I enjoy two lives. Nor can the terminating of so high a gratification, which I enjoy in this life, give me any concern; it rather affords me infinite pleasure, as it will be only to make room for another, glorious and immortal life.

Now, is it possible, that any one should grow tired of so great a comfort and blessing, as this which I really enjoy; and which every one else might enjoy by leading the life I have led? an example which every one has it in his power to follow; for I am but a mere man, and no saint; a servant of God, to whom so regular a life is extremely agreeable.

And, whereas, many embrace a spiritual and contemplative life, which is holy and commendable, the chief employment of those who lead it being to celebrate the praises of God; O, that they would, likewise, betake themselves entirely to a regular and sober life! how much more agreeable would they render themselves in the sight of God! What a much greater honor and ornament would they be to the world! They would then be considered as saints, indeed, upon earth, as those primitive Christians were held, who joined sobriety to so recluse a life. By living, like them, to the age of one hundred and twenty, they might, like them, expect, by the power of God, to work numberless miracles; and they would besides, enjoy constant health and spirits, and be always happy within themselves; whereas they are now, for the most part, infirm, melancholy, and dissatisfied. Now, as some of these people think, that these are trials sent

them by God Almighty, with a view of promoting their salvation, that they may do penance, in this life, for their past errors, I cannot help saying, that, in my opinion, they are greatly mistaken. For I can by no means believe, that it is agreeable to the Deity, that man, his favorite creature, should live infirm, melancholy, and dissatisfied; but rather enjoy good health and spirits, and be always content within himself. In this manner did the holy fathers live, and by such conduct did they daily render themselves more acceptable to the Divine Majesty, so as to work the great and surprising miracles we read in history. How beautiful, how glorious a scene should we then behold ! far more beautiful than in those ancient times, because we now abound with so many religious orders and monasteries, which did not then exist; and were the members of these communities to lead a temperate life, we should then behold such a number of venerable trespass against their rules; they would rather improve upon them; since every religious community old men, as would create surprise. Nor would they allows its subjects bread, wine, and sometimes eggs (some of them allow meat) besides soups made with vegetables, sallets, fruit, and cakes, things which often disagree with them, and even shorten their lives. But, as they are allowed such things by their rules, they freely make use of them; thinking, perhaps, that it would be wrong to abstain from them, whereas it would not. It would rather be commendable, if, after the age of thirty, they abstained from such food, and confined themselves to bread, wine, broths and eggs : for this

is the true method of preserving men of a bad constitution; and it is a life of more indulgence than that led by the holy fathers of the desert, who subsisted entirely on wild fruits and roots, and drank nothing but pure water; and, nevertheless, lived, as I have already mentioned, in good health and spirits, and always happy within themselves. Were those of our days to do the same, they would, like them, find the road to heaven much easier; for it is always open to every faithful Christian, as our Saviour Jesus Christ left it, when he came down upon earth to shed his precious blood, in order to deliver us from the tyrannical servitude of the devil; and all through his immense goodness.

So that, to make an end of this discourse, I say, that since length of days abounds with so many favors and blessings, and I happen to be one of those who are arrived at that state, I cannot (as I would not willingly want charity) but give testimony in favor of it, and solemnly assure all mankind, that I really enjoy a great deal more than what I now mention; and that I have no other reason for writing, but that of demonstrating the great advantages which arise from longevity, to the end that their own conviction may induce them to observe those excellent rules of temperance and sobriety. And therefore I never cease to raise my voice, crying out to you, my friends : may your days be long, that you may be the better servants to the Almighty !

LETTER FROM
SIGNOR LOUIS CORNARO, TO THE
RIGHT REVEREND BARBARO,
PATRIARCH ELECT OF AQUILEIA.

MY LORD,—The human understanding must certainly have something divine in its constitution and frame. How divine the invention of conversing with an absent friend by the help of writing ! How divinely is it contrived by nature, that men, though at a great distance, should see one another with the intellectual eye, as I now see your lordship ! By means of this contrivance, I shall endeavor to entertain you with matters of the greatest moment. It is true, that I shall speak of nothing but what I have already mentioned ; but it was not at the age of ninety-one, to which I have now attained ; a thing I cannot help taking notice of, because as I advance in years, the sounder and heartier I grow, to the amazement of all the world. I, who can account for it, am bound to show, that a man may enjoy a terrestrial paradise after eighty ; which I enjoy ; but it is not to be obtained except by temperance and sobriety, virtues so acceptable to the Almighty, because they are enemies to sensuality, and friends to reason.

Now, my lord, to begin, I must tell you, that,

within these few days past, I have been visited by many of the learned doctors of this university, as well physicians as philosophers, who were well acquainted with my age, my life, and manners; knowing how stout, hearty, and gay I was; and in what perfection all my faculties still continued; likewise my memory, spirits, and understanding; and even my voice and teeth. They knew, besides, that I constantly employed eight hours every day in writing treatises, with my own hand, on subjects useful to mankind, and spent many hours in walking and singing. O, my lord, how melodious my voice is grown! were you to hear me chant my prayers; and that to my lyre, after the example of David, I am certain it would give you great pleasure, my voice is so musical. Now, when they told me that they had been already acquainted with all these particulars, they added, that it was, indeed, next to a miracle, how I could write so much, and upon subjects that required both judgment and spirit. And, indeed, my lord, it is incredible, what satisfaction and pleasure I have in these compositions. But, as I write to be useful, your lordship may easily conceive what pleasure I enjoy. They concluded by telling me, that I ought not to be looked upon as a person advanced in years, since all my occupations were those of a young man; and, by no means, like those of other aged persons, who, when they have reached eighty, are reckoned decrepid. Such, moreover, are subject, some to the gout, some to the sciatica, and some to other complaints, to be relieved from which they must undergo such a number of painful operations, as cannot

but render life extremely disagreeable. And, if, by chance, one of them happens to escape a long illness, his faculties are impaired and he cannot see or hear so well; or else fails in some one or other of the corporeal faculties, he cannot walk, or his hands shake; and, supposing him exempt from these bodily infirmities, his memory, his spirits, or his understanding fail him; he is not cheerful, pleasant, and happy within himself, as I am.

Besides all these blessings, I mentioned another, which I enjoyed; and so great a blessing, that they were all amazed at it, since it is altogether beside the usual course of nature. This blessing is, that I had already lived fifty years, in spite of a most powerful and mortal enemy, which I can by no means conquer, because it is natural, or an occult quality implanted in my body by nature; and this is, that every year, from the beginning of July till the end of August, I cannot drink any wine of whatever kind or country; for, besides being during these two months quite disgustful to my palate, it disagrees with my stomach. Thus losing my milk, for wine is, indeed, the milk of old age; and having nothing to drink, for no change or preparation of waters can have the virtue of wine, nor of course do me any good; having nothing, I say, to drink, and my stomach being thereby disordered, I can eat but very little; and this spare diet, with the want of wine, reduces me, by the middle of August, extremely low; nor is the strongest capon broth, or any other remedy, of service to me; so that I am ready, through mere weakness, to sink into the grave. Hence

they inferred, that were not the new wine, for I always take care to have some ready by the beginning of September, to come in so soon, I should be a dead man. But what surprised them still more was, that this new wine should have power sufficient to restore me, in two or three days, to that degree of health and strength, of which the old wine had robbed me; a fact, they themselves have been eye-witnesses of, within these few days; and which a man must see to believe it; inso-much that they could not help crying out; "Many of us, who are physicians, have visited him annually for several years past; and ten years ago, judged it impossible for him to live a year or two longer, considering what a mortal enemy he carried about him, and his advanced age; yet we do not find him so weak at present as he used to be." This singularity, and the many other blessings they see me enjoy, obliged them to confess, that the joining of such a number of favors was, with regard to me, a special grace conferred on me, at my birth, by nature, or by the stars; and to prove this to be a good conclusion, which it really is not (because not grounded on strong and sufficient reasons, but merely on their own opinions) they found themselves under a necessity to display their eloquence, and to say a great many very fine things. Certain it is, my lord, that eloquence, in men of bright parts, has great power; so great, as to induce people to believe things which have neither actual nor possible existence. I had, however, great pleasure and satisfaction in hearing them; for, it must, no doubt, be a high entertainment to hear such men talk in that manner.

Another satisfaction, without the least mixture of alloy, I at the same time enjoyed, was to think, that age and experience are sufficient to make a man learned, who without them would know nothing; nor is it surprising they should, since length of days is the foundation of true knowledge. Accordingly, it was by means of it alone I discovered their conclusion to be false. Thus you see, my lord, how apt men are to deceive themselves in their judgment of things, when such judgment is not built upon a solid foundation. And, therefore, to undeceive them, and set them right, I made answer, that their conclusion was false, as I should actually convince them by proving, that the happiness I enjoyed was not confined to me, but common to all mankind, and that every man might equally enjoy it; since I was but a mere mortal, composed, like all others, of the four elements; and endued, besides existence and life, with rational and intellectual faculties, which are common to all men. For it has pleased the Almighty to bestow on his favorite creature man these extraordinary blessings and favors above other animals, which enjoy only the sensible perceptions; in order that such blessings and favors may be the means of keeping him long in good health; so that length of days is an universal favor granted by the Diety, and not by nature and the stars.

But man, being in his youthful days more of the sensual, than of the rational animal, is apt to yield to sensual impressions; and, when he afterwards arrives at the age of forty or fifty, he ought to consider, that he has attained the noon of life, by the vigor of youth,

and a good tone of stomach; natural blessings, which favored him in ascending the hill; but that he must now think of going down, and approaching the grave, with a heavy weight of years on his back; and that old age is the reverse of youth, as much as order is the reverse of disorder. Hence it is requisite he should alter his mode of life in regard to the articles of eating and drinking, on which health and longevity depend. And as the first part of his life was sensual and irregular, the second should be the reverse; since nothing can subsist without order, especially the life of man, irregularity being without all doubt prejudicial, and regularity advantageous to the human species.

Besides, it is impossible in the nature of things, that the man, who is bent on indulging his palate and his appetite, should not be guilty of irregularity. Hence it was that to avoid this vice, as soon as I found myself arrived at maturer years, I embraced a regular and sober life. It is, no doubt, true, that I found some difficulty in compassing it; but in order to conquer this difficulty, I beseeched the Almighty to grant me the virtue of sobriety; well knowing, that he would graciously hear my prayer. Then, considering, that when a man is about to undertake any thing of importance, which he knows he can compass, though not without difficulty, he may make it much easier to himself by being steady in his purpose; I pursued the same course. I endeavored gradually to relinquish a disorderly life, and to accustom myself insensibly to the rules of temperance: and thus it came to pass that a sober and regular life no longer proved uneasy or disagreeable;

though, on account of the weakness of my constitution, I tied myself down to such strict rules in regard to the quantity and quality of what I ate and drank.

But others, who happen to be blessed with a stronger temperament, may eat many other kinds of food, and in greater quantities; and so of wines; whereas, though their lives may still be sober, they will not be so confined as mine, but much more free. Now, on hearing these arguments, and examining the reasons on which they were founded, they all agree that I had advanced nothing but what was true. Indeed the youngest of them said, that though he could not but allow the favor or advantages, I had been speaking of, to be common to all mankind, yet I enjoy the special grace of being able to relinquish with ease one kind of life, and embrace another; a thing which he knew by experience to be feasible; but as difficult to him as it had proved easy to me.

To this I replied, that, being a mortal like himself, I likewise found it a difficult task; but it did not become a person to shrink from a glorious but practicable undertaking, on account of the difficulties attending it, because in proportion to these difficulties, is the honor he acquires by it in the eye of man, and the merit in the sight of God. Our beneficent Creator is desirous, that, as he originally favored human nature with longevity, we should all enjoy the full advantage of his intentions; knowing, that, when a man has passed eighty, he is entirely exempt from the bitter fruits of sensual enjoyments, and is entirely governed by the dictates of reason. Vice and immorality must

then leave him ; hence God is willing he should live to a full maturity of years ; and has ordained that whoever reaches his natural term, should end his days without sickness by mere dissolution, the natural way of quitting this mortal life to enter upon immortality, as will be my case. For I am sure to die chanting my prayers ; nor do the dreadful thoughts of death give me the least uneasiness, though, considering my great age, it cannot be far distant, knowing, as I do, that I was born to die, and reflecting that such numbers have departed this life without reaching my age.

Nor does that other thought, inseparable from the former, namely, the fear of those torments, to which wicked men are hereafter liable, give me any uneasiness ; because I am a good Christian, and bound to believe, that I shall be saved by the virtue of the most sacred blood of Christ, which he has vouchsafed to shed, in order to free us from those torments. How beautiful the life I lead ! how happy my end ! To this, the young gentleman, my antagonist, had nothing to reply, but that he was resolved to embrace a sober life, in order to follow my example ; and that he had taken another, more important, resolution, which was, that, as he had been always very desirous to live to be old, so he was now equally impatient to reach that period, the sooner to enjoy the felicity of old age.

The great desire I had, my lord, to converse with you at this distance, has forced me to be prolix, and still obliges me to proceed ; though not much further. There are many sensualists, my lord, who say, that I have thrown away my time and trouble in writing a

treatise on Temperance, and other discourses on the same subject, to induce men to lead a regular life; alledging, that it is impossible to conform to it, so that my treatise must answer as little purpose as that of Plato on government, who took a great deal of pains to recommend a thing impracticable; whence they inferred, that as his treatise was of no use, mine will share the same fate. Now this surprises me the more, as they may see by my treatise, that I had led a sober life for many years before I had composed it! and that I should never have composed it, had I not previously been convinced, that it was such a life as a man might lead; and being a virtuous life, would be of great service to him; so that I thought myself under an obligation to represent it in a true light. I have the satisfaction now to hear, that numbers, on seeing my treatise, have embraced such a life; and I have read, that many, in times past, have actually led it; so that the objection, to which Plato's treatise on government is liable, can be of no force against mine. But such sensualists, enemies to reason, and slaves to their passions, ought to think themselves well off, if, whilst they study to indulge their palate and their appetite, they do not contract long and painful diseases, and are not, many of them, overtaken by an untimely death.

CORNARO'S LETTER TO SPERONE SPERONI.

Most excellent Signor Sperone. I would that you, who know so many things, and are continually making discoveries of the causes and reasons of their origin, could find what **I** have long sought for in vain; and thus make me perfectly happy. I am endeavoring to devise some method, whereby my friends can be brought to believe, that the irregularities of living to which they subject themselves, cause them to die in their youth. I preach this to them continually, but they do not believe me, and continue to fall victims to their excesses. These events keep me in a state of unhappiness, which is now more trying to me than the grief I felt at the death of our dear friend Ruzzante, which of itself would have caused my death, if such an event could kill an abstemious man, at less than ninety years of age. But it did not suffice to kill me, since regularity in living has made me, in a measure, immortal; and has given me the vigor of thirty-five, at the age of fifty-eight; and every day demonstrates the fact, that this system of itself, is enough to restore a sick man to health. I preach and insist upon these

things every day ; but all continue incredulous ; which alone would be enough to render me miserable, were I otherwise the happiest man in the world.

To the end, therefore, that you may believe me, and endeavor to furnish me with the means of solving this difficulty, the purpose of which will be known to God alone, listen, and learn whether any thing else is wanting to complete my felicity. I was weakly at my birth, and of a very feeble constitution, which I further injured by great irregularities. Being convinced of my errors, I commenced by reforming myself, as respected those most hurtful to me, and continued to shun disorderly courses, until I acquired the perfect health which I at present enjoy. I then regained the rank of a noble in my native country, although my ancestors had forfeited their's, so that it was no advantage to me that they had been Senators and Princes, and had filled the highest offices of the state. I have, by my own exertions, made myself rich ; although born without wealth, and although my family had formerly been very wealthy. My wealth, furthermore, has been acquired by the pursuit of means the most laudable and beneficial to my fellow-men ; since it has been drawn from agriculture, and has not been amassed by means of warlike achievements, rapine and plunder ; nor by traversing the seas, at the eminent hazard of death ; nor by any other means attended with similar dangers and vicissitudes ; but has been entirely obtained by this one laudable occupation. At the same time, I have incurred large expenses, and have never withheld the expenditures, nor denied myself the en-

joyments and recreations which are suitable to the rank of a noble, but which are forborne by those who are destitute of property, or desire solely to accumulate it. My liberal expenditures have, however, been incurred in the erection of a church, and the dedication of it to God; and, furthermore, in giving to myself, and also to God, the people whom I have been the means of bringing into the world, by dissipating the unwholesome vapors and exhalations, which formerly existed around my villa, and rendered it impossible to rear children. I have drained off the stagnant waters, and have thus caused the accession of a numerous population; and while increasing my own property, I have also contributed to enrich numbers, who have been my agents and tenants. I have, likewise, used my means to promote the liberal arts; and have been the patron and protector of literary men, musicians, architects, painters, and sculptors; and while creating all this wealth, I have expended thousands upon thousands of crowns, in constructing splendid edifices, and laying out beautiful gardens. Consider, then, whether I have not a right to term myself happy; and when I am in possession of these three blessings, health, nobility, and wealth; with the added consolation, that the latter has been acquired by the most honorable of pursuits, and used with a becoming liberality. But there are still other reasons why I should deem myself most happy; since I have been blessed with exceeding good fortune in the selection of a son-in-law, who seems to have been created on purpose to enhance my happiness and that of my daughter. He is attached to

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the court, and has brought me three grandchildren, little angels in miniature.

All these blessings I enjoy, in perfect health, and inhabiting the commodious mansions and beautiful gardens of my own creation ; which rarely falls to the lot of any one, since those who construct them seldom live to enjoy them ; but I enjoy them, and shall continue to do so, years upon years. With all this, how do you conceive it possible that I should not be happy ? I am happy, and my happiness will be complete if you can only devise some method of removing this single annoyance. Do not think that I have had to encounter other obstacles to my felicity, heretofore ; and that, therefore, I have not cause to be relieved from this till now. It is true, that every trifling misadventure tends to make us unhappy ; and you well know that I lost many thousand crowns through the family of the Cardinal. Though this was an act of great injustice, it has been no cause of sadness to me ; but, on the contrary, rather a source of gratification ; since, if this wrong had not been committed, the world would not have believed, that after enriching my agents and servants, I still had enough remaining to give a fortune to a Cardinal. So, also, when I sustained such great damage by the acts of the Comptrollers of the Waters, I assure you that I felt much rejoiced ; since that event caused me to turn my attention to a subject of vast public importance, and to become, in a manner, the saviour of my country ; this injury done me, having been the occasion of my discovering a mode of preserving the Lagune, and thus saving my country. In this

manner, neither of the above events ruffled my mind, but, on the contrary, showed to the world that I possess as much fortitude and equanimity in adversity, as foresight, prudence, and gayety in prosperity; a circumstance, which, by the rule of contraries, had been deemed an impossibility, while I enjoyed uninterrupted good fortune. Nevertheless, I have been put to the test, and have proved to all, that I can turn misfortune to advantage, and derive additional benefit from reverses. To close the recital of my troubles, I have remaining only one cause of unhappiness, the continual loss of friends by death, which keeps me constantly miserable. Wherefore, to revert to my opening request, devise some remedy, I pray you.

I know that you have promised yourself much pleasure, in witnessing Signor Agnalo's representation of your admirable tragedy; and I assure you, that you may not think me wanting in friendly offices, that as soon as I come to Padua, which will be soon, I shall be with you. I commend myself to your favor.

ALVISE CORNARO.

Codovico, April 2nd, 1542.

CARDINAL CORNARO'S LETTER

TO SIGNOR LUIGI CORNARO.

I will not occupy any space in telling how precious your letters are to me ; preferring that your Excellence should feel it, in the love you bear to me, rather than from any words of mine. By this, also, you will, at the same time, know how much I am bound to love and honor you, what reasons I have to be rejoiced on receiving good news of you, and with what interest I regard all that concerns you. I would furthermore say to your Excellence, that though all your letters are highly prized by me, the last has been, above all others, a source of pleasure and consolation. By it I learn, in the first place, that you enjoy greater health and prosperity than ever ; and, in the next place, that, although at an age which few are enabled to reach, you possess so clear, acute, and sound an intellect, that the world may expect yet further profit and instruction from your labors, to the perpetual honor and glory of your name and house.

This I gather from your letter upon the three excellent works written by you, upon Architecture, Agriculture, and upon a Sober and Temperate Life ; which

will be awaited by me with great anxiety ; not only for the pleasure of a perusal, but that I may put them, as much as in me lies, in practice.

I shall most willingly follow your authority and example, as regards rules of living, not only in order to imitate one who is in all respects worthy of imitation ; but because, also, this world presents to me as well as to yourself many and varied attractions, and because it is an incalculable blessing to live a long life, in uninterrupted health.

As regards your Treatise upon Architecture, since I am proprietor of a fine estate, (*una bella vigna*,) I shall have an opportunity to avail myself of your experience, and make a practical trial of your scientific discoveries and suggestions.

With respect to Agriculture, although, at present, I cannot practice upon your rules, on account of my slender means, I do not despair of eventually deriving great satisfaction and benefit from this part also of your labors ; the more especially, since, in length of time, riches are generally attendant upon the exalted station, to which God in his benignity, has raised me ; and I have the greater reason to hope for them, when I shall have acquired from you the art of prolonging my life.

I therefore most earnestly entreat your Excellence, to hasten to put the finishing hand to these works ; that the world may the better appreciate your virtue and worth, and that all may offer prayers to God for the preservation of the life of so useful and benevolent a

MAN.

Remember that I am your loving son; and continue to love me, as you do. Farewell.

Yours affectionately,
as a Son,

CARDINAL CORNARO.

Rome, January 27th, 1554.

LETTER FROM
BERNARDI TOMITANO TO THE
RIGHT REVEREND CORNELIUS,

BISHOP OF BITONTO.

The unbounded reverence and esteem which Signor Louis Cornaro feels for your Reverence, have caused me to execute the present design of giving to the world, under his honored name, this little treatise, no less interesting and delightful, than useful to all.

Knowing the praiseworthy desire of the Author, on the one hand, and his very great modesty, on the other, I have been anxious to fulfill his wishes with this trifling testimonial of gratitude; and to dedicate a part of his labors to you; since upon none other could they be more worthily bestowed. Wherefore, I pray of you to hold this offering as dear as if he and I conjointly laid it before your Reverence. To you, in truth, this tribute is due; to you, especially, is it proper to dedicate this Narrative of a Sober and Temperate Life; your Reverence, with your other distinctions, in part the gift of nature, and in part of election, presenting the excellent example of a life of sobriety and intemperance. Of this, the unimpeded workings of your intellect are indeed a proof; since not in the least borne

down by bodily infirmities, nor tyrannized over by the reductions of the appetite; nor, in fine, controlled by the universal longings for luxurious food, it constantly exhibits the example of unintermitted labors; which have formerly tended to the advancement of the most illustrious studies of Italy, and are now employed for the benefit and adornment of an Holy Church. I am comforted in the belief, that your Excellence has, with the Divine aid, in no other way maintained your bodily health, (very fortunately, in my opinion, if we consider the long vigils and labors your slight and diminutive frame has endured,) than by observing the utmost temperance and method in diet; wherefore, it adds no little confirmation and authority to this Treatise, to give the testimonial of your life, and of the energies so long and so well protected by you against all dangers and accidents. It is, however, proper that all who read this should know, that I do not publish this little treatise as a physician, nor as a medical work, since the Author was never enrolled as a member of the profession; neither was it his intention to endeavor to add the contribution of his little streamlet to the rich ocean of medical lore; since he well knew, that many of the most illustrious writers of antiquity have devoted themselves to enlarge its limits.

It has been my special purpose, in this work, to spread far and wide the knowledge of the virtues and worth of a native of a free city; his constancy in resisting the seductions of the passions; his pre perseverance in abstaining from viands, the most luscious and tempting to the palate; his abstemiousness in not gratifying

his appetite, to the full extent, even upon wholesome food : and, finally, the victory, his life exhibits, of sobriety over luxury, which has been continually presenting its attractions, and attempting to enslave him. By this it will be seen what important secrets are sometimes disclosed by nature to a favored individual, without the assistance of art ; and how useful to all is the knowledge and experience of only one. But not to become too tedious to your Reverence, I pray of you, upon this occasion, to accept all that the noble mind of Signor Louis, as well as my small abilities, can offer ; we both uniting in wishing to your Reverence all manner of felicity.

Your Reverence's

most affectionate servant,

BERNARDIN TOMITANO.

Padua, 10th November, 1563.

BIOGRAPHY OF

ALVISE (LOUIS) CORNARO.

Alvise the same as *Louis* or *Ludovico*, Cornaro, of the noble Venetian family of that name, was born in Padua, in 1467; and died in 1565, in the 99th year of his age. The place of his nativity, the year of his birth, and his death, the loss and restoration of his nobility, are matters which demand explanation, which have been erroneously stated in all foreign works.

The *Universal Biography*, published at Paris in 1833, states that Cornaro was born in Venice.

The *Preface* of the *London Edition*, of 1768, commits the same error, as will be seen, and states, furthermore, that he attained above one hundred years of age, and expired in an elbow chair, on the 26th of April, 1566.

The *German Encyclopedia* states, that Alvise, or as it terms him, Ludovico, was descended of a family which had already given several Doges to the Republic; and that he died in Padua, in 1566, at the age of one hundred and four years.

The *Encyclopedia Americana*, simply copies the *German*.

With regard to his loss of nobility, the editor of the London Edition, entitled "Discourses on a sober and temperate life, by Lewis Cornaro," says, "that by the ill conduct of some of his relations, he had the misfortune to be deprived of the dignity of a nobleman, and excluded from all the honors and public employments in the State. Chagrined at this unmerited disgrace, he retired to Padua."

The facts, as above stated, are not true; and we, having drawn from original and authentic sources, have documents before us to correct them, as follows :

The family of *Alvise Cornaro*, called in the Latin and Italian, the *Cornelian* family; in the dialect of the country, "*Cornèr*," and from that corruptly changed into "*Cornaro*" gave three Doges to the Republic.

The first was *Marco Cornaro*, who, after having filled with distinction several important embassies, occupied the Ducal chair from 1365 till his death, in 1368. During his Dogeship, he completed the subjection of the Island of Candia, which had rebelled under his predecessor. The Venetian historians hold him in high estimation for his eloquence and wisdom.

The *second* was *Giovanni Cornaro*, who succeeded the Doge F. Contarini, in 1623, and died in 1629. Under his administration, the Council of Ten was deprived of the power which it had arrogated to itself of annulling the decrees of the Senate.

The *third* and last Doge of this family was *Giovanni Cornaro II*, who succeeded the Doge L. Mocenigo, in 1709. A few years after his election, the Turks assailed the possessions of Venice out of Italy, and in

1714, conquered the Morea. This was terminated by the treaty of Passarowitz. Doge Giovanni Cornaro II. died in 1722, aged 75 years.

It is stated in the History of the Noble Families of Venice, by *Marco Barbaro*, Book iii. MS. chap. 72 : and repeated by *Apostolo Zeno*, in his Annotations upon the Library of the *Fontanini*, that *Rigo Cornaro*, son of the Doge Marco, was, for the crime of murder, banished from Venice and all the territories of the Republic, and deprived of his nobility; and that his property was confiscated. After wandering many years in different places, he settled in Padua, then subject to the Dukes of Carrara; and then, having first taken the precaution to change his name to *Antonio Righi*, espoused *Agnesina da Legname*, or *da Legnamine*, a lady of noble birth, and in possession of a rich dower. By her he had a son, *Jacopo*, surnamed also from the *Righi*, or from the *Legname*. *Jacopo* was the father of *Luigi I.*, and *Antonio* the father of the subject of our narrative, whom we will call *Luigi III.*, to distinguish him from the former. In the mean while a daughter of *Rigo*, *Caterina* by name, married in 1458, *Giacomo Lusignan*, King of Cyprus, legitimate son of *Giovanni Lusignan*.

The Venetian senate, in favor of this alliance, having revoked the sentence of exile, pronounced against the father of *Caterina*, adopted her publicly, and declared her "a daughter of San Marco." Becoming a widow, in 1473, and yielding to the solicitations of *Giorgio Cornaro*, her brother, who was a secret partizan of the senate, she abdicated, in favor of the Repu-

blie, a kingdom which she had governed, in the midst of the most trying internal dissensions, for more than fourteen years; and retiring to Venice, died there, in 1510; having retained the title of Queen, and a small court.

Thus the first step taken by the Republic toward readmitting to citizenship the family of Cornaro, was in favor of the daughter of *Rigo*. The second was in favor of his nephew, Luigi I., who, in 1490, produced before the Court of Registration authentic proofs of his legitimate descent from Rigo Cornaro, son of the Doge Marco. Whereupon, his name was reinscribed in the Golden Book, the sole register of Venetian nobility, and his rank made hereditary in his posterity. Luigi II., who is our *Alvise*, stimulated by the example and good fortune of his uncle, found means of procuring his own restoration also to his ancient nobility; or, to quote the words used by himself in his letter to Sperone Speroni, "I then regained my right to the ancient nobility of my family, which had been forfeited by my ancestors, so that it was of no avail to me that they had been princes and senators."

From the above, it will be seen, that the statements of the English biographer, "that he was deprived of the dignity of a nobleman," and "that, chagrined at this unmerited disgrace, he returned to Padua," fall to the ground; as also, the erroneous assertion that he was born at Venice, [Biographie Universelle,] and [Preface to the Discourses on a Sober Life;] and that, at his birth, the family had already given three Doges to the Republic, [Conversations Lex-

icon and American Encyclopedia.] There had then been but one Doge, Marco Cornaro; the remaining two came a considerable time after the death of Alvise.

Alvise, then, of the family of the Righi, that is, of the Cornelian, Cornèr, Cornaro family, was born at Padua, in 1467. Naturally of a very feeble constitution, he weakened it still further, by addicting himself to all kinds of intemperate living. Finally, when between thirty-five and forty years of age, being at the point of death, and given over by his physicians, he determined to *restrain* and *regulate* his immoderate appetites, and to lay down, for his observance, a system of sober living, from which he never afterwards departed. By these means he recovered his health and vigor, which he preserved until the end of his very long life. He married Veronica, a lady of the house of Spilembergo, but his branch of the family became extinct in Clara, his only child and heir, whom he gave in marriage to Giovanni Fantino Cornaro, surnamed Piscossia.

In his letter to Sperone Speroni, now, for the first time, translated into English, he felicitates himself exceedingly in having so excellent a son-in-law in Fantino; "who," he says, "seems to have been created on purpose for his happiness, and that of his daughter, at that time, the mother of three children, beautiful as little angels." This domestic felicity continued to increase, until, finally, he could number around him eleven grandchildren.

Thenceforward, Cornaro seems to have been entirely regenerated. Devoting himself to the pursuit

of the fine arts, he became the Mœcenas of all who sought his protection and assistance. Poets, musicians, painters, and architects, were hospitably entertained and protected by him. We will cite a few instances of his affection for artists and scholars. Giamm Maria Falconetto, a distinguished sculptor, painter, and architect, and a man gifted with the most instructive and delightful conversational powers, was his contemporary. Falconetto, in the earlier years of his life, had travelled over the greater part of Europe, and upon his return to Italy, accepted the invitation of Cornaro, and established himself permanently beneath his hospitable roof; where he enjoyed the most favorable opportunities of attaining celebrity. We cannot better describe the mutual relation of the two, so honorable alike to both, than by quoting the following extract from the Eulogy of Gamba.

“Thenceforward, they were united by the most ardent friendship, and lived with a constant interchange of thought, characterized by the most instructive conversations, and the most affectionate intimacy. A copious collection of designs, brought by Falconetto from Rome, excited in Cornaro such a desire to behold the magnificence of the Queen of Cities, that he determined to visit it, in company with his friend. He set out, full of anticipations; which he more than realized; and upon his return to Padua, with a mind enriched with the treasures he had accumulated, he erected a splendid palace, adorned with statues, frescoes, and paintings, from the designs of Raphael, and, in connection with it, a magnificent cabinet, consecrated to

musical entertainments; all under the superintendence of Falconetto. He then proceeded to construct other magnificent edifices, in the vicinity of the village of Codovico, in the Paduan territory; and in Lunigiano, near Torreglia, upon the Euganean Hills.

“The honorable friendship between the patron and the artist, ceased only with death; Falconetto, finding a home beneath the hospitable roof of Cornaro, made double attractive by his considerate and delicate attentions; his wife, with three sons and six daughters, having their entire fortune invested in mercantile adventures, undertaken by the advice and guarded by the credit of his protector and friend. The liberal mind of Cornaro conceived such a predilection for Falconetto, and his friend, Ruzzante, of Padua, another kindred spirit, that Vasari has recorded, that it was his will that Falconetto and Ruzzante should be buried in the same vault; and that he himself should be laid in the same tomb, between them; so that, says the biographer, their bodies should not be separated after death, whose souls had been united, in life, by virtue and friendship.

The mansion erected by Cornaro, in Padua, is still standing; and the celebrated Sebastiano Serlio published a plan of it, proposing it as an unexceptionable model for architects. The learned Temanza has corrected the plan of Serlio, and published a highly improved series of designs. The palace at Lunigiano, which some have supposed to be destroyed by lapse of time, still towers upon the Euganean Hills, adorned with flights of stairs of truly royal magnifi-

cence; and is now the property of the Bishopric of Padua.

Marcolini, the publisher, himself an artist and man of letters, in one of his dedications, makes the following allusion to the architectural taste of Cornaro : "If a noble would know how to build a city residence, let him visit the house of Cornaro, in Padua : if he seek a pattern for a garden, let him adopt his for a model. If he intend building in a village, let him go and behold, at Codovico, Campagna, and other places, the architectural constructions, stamped with the grandeur of his mind. If he would erect a princely mansion, in the midst of the country, let him repair to Lunigiano, where he will find a country seat, fit for the residence of an emperor. Cornaro was fully conversant with all that was known in architecture, as well as in many other departments of art."

The few letters of Cornaro, which remain to us, show an intellect refined by the severest discipline; and the bare recapitulation of the names of the illustrious men with whom he corresponded, and of whom it will suffice to mention Bembo, Speroni, Barbaro, and Fracastoro, proves in what estimation he was held in his time. No sooner had Giovanni Andrea dell' Anguillari finished his celebrated tragedy of Oedipus, than Cornaro had it represented, with great magnificence, in his own house, to the great delight of the Paduans. He also studied profoundly the works of Vitruvius, and of Leon Battista Alberti; and has been highly complimented by Andrea Palladio, as the inventor of a new kind of stairs, which he introduced in-

to his edifices. Besides this, he wrote separate treatises upon painting, architecture, music, and agriculture. The Cardinal Cornaro alludes to some of these productions, in a letter to him, written from Rome, the 27th of January, 1554; with which we have enriched this edition. Others are referred to, in different parts of the "Discourses upon a Sober Life," where he also relates, that he has written "a very entertaining comedy, full of innocent mirth and pleasant jests." But the only productions which have come down to us are the "Discourses upon a Sober Life," which have been translated and published in many foreign languages; and a learned Essay, upon the Lagunes of Venice, which he was wont to term "the strongest and most sacred bulwarks," "*fortissime e sante mure*," of his beloved country.

We take the liberty of quoting, in this place, the beautiful Eulogium of Cornaro, introduced by Antonio Maria Graziani, in his Life of the celebrated Cardinal Commendonì, to whom he was secretary; although it is almost impossible to render intelligibly into English the laudatory epithets with which the florid style of the biographer abounds:—

"This most illustrious man, upon whom the title of 'The Sober' has been so appropriately bestowed, was loved, honored, and revered by all who were distinguished by birth or acquirements. People of every class, from the noble to the peasant, were delighted to associate with him, and to listen to his conversation, which was always marked with moderation, amiability, and good sense. Prudence, sagacity, wis-

dom, and liberality were constant attendants in his train. There was no mansion in Padua, the sight of which inspired such reverence as his; while he, living in a style of princely magnificence, was continually dispensing his favors to all, and, in especial, to the cultivators of the fine arts."

To return to the "Treatises upon a Sober Life," we will state that they are four in number; and that they appeared under the following titles, and in the order below mentioned.

The first Treatise, which is entitled, "Upon a Sober Life," was written, as the author informs us, when he was eighty-three years of age, and was published singly. Three years later, when he had attained the age of eighty-six, he published a second Essay, which he entitled "A Compendium of a Sober Life." Afterwards, at the age of ninety-one, he wrote a long letter to Daniele Barbaro, Patriarch Elect of Aquileia. This letter, we know not why, has been always published as his fourth and last Treatise; although, in chronological order, it should be the third. The fourth and last Treatise is entitled "An Earnest Exhortation to a Sober Life," and was written at the age of ninety-five. The German Encyclopedia, commonly known as the "Conversations Lexicon," entitles this Treatise "A Dissertation upon the Birth and Death of Man;" in which error it is followed by the American Encyclopedia. We suppose, that the German Encyclopedia has given it this title, from the concluding sentence of the first paragraph, which is as follows: "I shall begin by considering man at his birth; and, from thence,

accompany him, through every stage of life, to his grave. The compilers of the American Encyclopedia, most probably, merely translated from the German, without being aware to which of the four Treatises this last title referred. In any event, it is our duty to state, that the last Treatise was never published with this title, either in Italy, France, or England; and as, perchance, the American reader may not be aware of the identity of the Treatise, entitled "An Exhortation," with that bearing the title devised by the Conversations Lexicon, it is well to mention it, in order to remove all doubts which may arise on the subject.

This is the last Treatise published by Cornaro; but not the last that he wrote. We have already stated that the Chevalier Morelli possessed an unpublished Essay upon the Lagunes of Venice, besides the printed one upon the same subject, which the author wrote at the age of ninety-six. Two years afterwards, he was no more.

We will here exhibit the evidence tending to show, that Cornaro died in 1565, at the age of ninety-eight; and not in 1566, at the age of one hundred and four. His foreign biographers adduce no facts in support of their assertions; but we bring forward the authority of an accredited writer, who, having been an ocular witness of the death of Cornaro, gives an account of his last moments, in his *Life of Cardinal Commendon*, to whom he was secretary. We allude to Antonio Maria Graziani, of Tuscany, whom we have before mentioned; who, in reference to the life of Cornaro, writes that "he prolonged it to the age of ninety-eight

years. The year of his death he states to be the same with that in which Commendoni was created a Cardinal, which was upon the 4th of the Ides of March; that is, the 12th of March, 1565.

There are some who say, that Graziani visited Cornaro three hours before his death, but we still leave it to the judgment of the impartial reader, if any other inference can be fairly drawn from the words of Graziani, than that Cornaro expired in his presence.

“The excellent old man, feeling that he was approaching the termination of his life, did not regard the awful change with dread, but simply as a passage from one mansion to another. He was reclining upon the very small and narrow cot which he always used, and was attended by his wife, Veronica, who was nearly as old as himself. With a strong and clear voice, he told me that he cheerfully awaited the stroke of death; and wished all manner of prosperity to my patron Commendoni, to whom he declared that he would write a letter of friendly counsel, with his own hand. He said that he thought that he should survive two days longer; but being shortly after overpowered by sudden debility and faintness, he desired to have recourse anew to the consolations of religion; and grasping in his left hand a small crucifix, he fixed his eyes upon it intently, and ejaculated, ‘Full with joy and hope, I resign myself to thee, most merciful God!’ He then disposed himself with dignity, and closing his eyes, as if about to slumber, gave a gentle sigh, and expired.”

The eulogies bestowed upon Cornaro, during his

life, and after his death, for his precepts and exhortations to a "Sober Life," are as astonishing in number and unqualified in their commendations, as they are honorable from the distinguished and scientific sources whence they emanate. We instance those of Mureto, inserted in that portion of his works where he speaks of the fifty-eighth letter of Seneca, and those of Giam Mario Verdizotti, in his life of Girolamo Molino. We have already alluded to the eulogium of Bishop Graziani. We will also mention the laudations of Gaspar Hoffmann, in his "Letters of George Ritter;" of Claudio Lancellotto, in his "Dissertation upon Emina di San Benedetto;" and of Leonardo Sessio, who translated the first Treatise into Latin, and prefixed it to his "Hygiasticon," or "Means of preserving Health." [Antwerp, printed by Plantino, 1613.] Bernardino Ramazzini, Chief Lecturer upon the Practice of Medicine in the University of Padua, added copious notes to the reprint of the Padua Version of Sessio, published by Conzatti, in 1714.

The venerable Tommaso Bartolini showed the estimation in which he held the writings of Cornaro, by publishing, at Copenhagen, an edition, in 12 mo., entitled "*Ludovici Cornari, de vita sobria, ad usum vulgare accommodata.*"

Many must be familiar with the German system, denominated the "Chaine," and with the reputation of the celebrated physician, Hufeland, who has done so much to widen the path already marked out by Cornaro. All of our author's illustrious contemporaries make the most honorable mention of him; and his

praises abound in the correspondence of Bembo, Speroni, Commendoni, Pierio Valeriano, and Vasari. De Thou, in his "History of his own Times;" Antoine Tessier, in his "Additions" to the same work; Ghilini, in his "Theatre of Illustrious Men;" and the Doge Foscarini, in his "History of Venetian Literature;" — all unite in rendering homage to the virtues of Cornaro.

With the light of these testimonials to his worth, let us examine a few spots, as it were, upon the face of the sun, and mention the criticisms of those who have seen fit to depreciate, or, in a measure, modify, and do away with his system. That great scholar, and intimate friend of Cornaro, Sperone Speroni, who, either from a love of paradox, or to show his ingenuity, composed essays in defence of "Usury," and of "Discord;" and then wrote in their condemnation; wrote, also, a "Treatise against Sobriety," and dedicated it to Cornaro! Shortly afterwards, he made a retraction of the doctrines advanced in this notable production, which, in spirit, resembles the famous "*Encomium Morioe*," or "Praise of Folly," of Erasmus; and thus dispensed with the necessity of a formal answer. [See the Works of Sperone, vol. iii. pp. 14 and 421.]

M. de la Bonaudière published, at Paris, in 1702, his "Anti-Cornaro;" "a work," says the Universal Biography, "which contains observations, of rather an irrelevant character, upon the severity of the *régime*. adopted by the noble Venetian." This description of the work, in our opinion, carries its refutation along

with it. We now come to the third and last of his opposers.

In a modern edition of the Discourses of Cornaro, published at Lucca, with a preface, by the Marquis Francesco Eugenio Guasco, addressed in the form of a letter to the Marquis Lorenzo Battini; the commentator criticises the author he edits at considerable length. His arguments may be summed up, in the following extract, "I am willing to concede, that the 'Discourses upon a Sober Life,' are interesting and instructive; but I assert that, without an exemption from mental anxiety, they will avail but little toward the prolongation of life. I am, furthermore, of opinion, that this exemption from care and mental solicitude, can never be assured to us, unless we possess the same means which enabled our author to secure them to himself." In other words, according to Guasco, the rich alone can enjoy tranquillity of mind; and, therefore, long life, and uninterrupted health. That we may not be thought to give an unauthorized and arbitrary interpretation to his language, we will make a further extract, that he may be judged by his own words. "If the author, by mental tranquillity, mean that philosophic ease which can be acquired by human exertions, I would say, that its acquisition does not depend upon ourselves. It depends upon the possession of sufficient pecuniary means. I think it an impossibility to obtain this tranquillity, without riches; and I ridicule the opinions of those philosophers who boast of internal peace, in the midst of penury; and I listen to their assertions with incredulity."

A sufficient answer to this Diatribe may be found, on the one hand, in the innumerable facts, drawn from the domestic annals of the rich ; which, of themselves, are enough to form a calendar of crime, whereupon to found a penal code : — and, upon the other hand, in the pure and unblemished lives of thousands upon thousands of virtuous families of peasants and laborers ; who, obtaining, by unremitted exertions, a support, slender, it is true, but, at the same time, sufficient to sustain nature, have prolonged their existence to the extreme limit of human life, with purity of morals, peace of mind, and uninterrupted health.

Need we remind the Marquis of Guasco of the dungeons of Spielberg ; where, instead of affluence and comfort, there existed a privation of every thing usually deemed necessary to render life endurable. Yet, amid all their physical sufferings, the inmates of that infernal place were not without many sources of consolation, and many pure and innocent enjoyments ; and could challenge the monarch, who entombed them in its dreary vaults, to measure his happiness with their's ; and, from his lofty throne, to compare his situation, surrounded, as it was, with suspicions, anxieties, and fears, to which he was continually a prey, with the atmosphere of peace and noble self-reliance in which they lived, and which was the result of a clear and self-approving conscience. Had the captives of Spielberg been compelled to labor, with a doubtful prospect of success, in order to obtain their daily clothing, food, and shelter, perhaps the very uncertainty might have disturbed their equanimity of mind. But what, in

fact, was the kind of clothing, food, and shelter assigned them ? A wretched pittance, an absolute *minimum*; barely sufficient to sustain existence, and prevent death from inanition.

If mankind, therefore, would unite upon some plan, whereby a simple *minimum*, so to speak, could be assured to them reciprocally, by their mutual exertions, foreign wars, internal commotions, and all the evils which annoy them, physically, morally, and intellectually, would cease for ever. To realize this, money is not indispensable, to effect this purpose, a single-hearted and honest *will*, abundantly suffices. The products of that will, as developed by the principles of the ASSOCIATION; through the organization of labor; as made known and perfected by the genius of CHARLES FOURIER, are adequate to the attainment of the greatest amount of mental, moral, and physical happiness.

It is our intention to give, simply, a biography of Cornaro; and not to enter into a discussion of the merits of his system. In any event, SOBRIETY is an admirable virtue, to be recommended at all times, to all men, whatever may be their rank or condition. But Cornaro himself allows, that, inasmuch as constitutions differ, the quantity and quality of aliment should be proportioned to the varieties of physical organization. This seems to us more reasonable than to prohibit, either upon religious or philosophical grounds, the use of animal food; especially those kinds of it which are known to contain nutritious principles; and on the other hand, to allow the indiscriminate use of all sorts of vegetables, many of which possess the most

potent medicinal properties. This system is opposed to science and reason; and we feel assured that whatever is disproved by them can find no support in religion; each being reciprocally the guide and ally of the other.

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